

- DEFENSIVE LINE -

TABLE OF CONTENTS

- I. DEFENSIVE LINE IMPROVEMENT GOALS (Pages 1-2)
- II. TERMS WHICH APPLY (Pages 3-6)
- III. DEFENSIVE BLOCKING TERMINOLOGY (Pages 7-15)
- IV. INDIVIDUAL BLOCKS AND COMBINATIONS
 - 1. Normal 3-4 Defensive Ends (Pages 16-18)
 - 2. Pinching Ends (Pages 19-20)
 - 3. Gap Ends (Pages 21-22)
 - 4. Normal 3-4 Nose (Pages 23-24)
 - 5. Over-Under Linemen (Pages 25-26)
 - 6. Stack Ends (Pages 27-29)
- V. POSITIONS OF DEFENSIVE LINEMEN (Page 30)
- VI. CHARGES OF DEFENSIVE LINEMEN (Pages 31-41)
- VII. TACKLING (Page 42)
- VIII. PASS RUSHING (Pages 43-54)
- IX. LINEMEN'S ABILITIES (Pages 55-60)
- X. DEFENSIVE LINE TERMS (continued) (Page 61)
- XI. DEFENSIVE LINE TECHNIQUES (Pages 62-67)
- XII. TESTS (Pages 68)
- XIII. DRILLS (Pages 69-89)
 - 1. Medicine Ball
 - 2. Starting Drills
 - 3. Medicine Ball Games
 - 4. Gyrometric Exercises
 - 5. Hip-Leg Exercises
 - 6. Wand Drills
 - 7. Star Drills

DEFENSIVE LINE IMPROVEMENT GOALS

EMPHASIS FOR THE 1991 PRE-SEASON AND 1991 SEASON

PRE-SEASON:
(NO PADS)

1. IMPROVE TAKE OFF ON THE BALL
How: Taping the starts and timing the ball movement and step differential (the ball at the same distance from player as in a game, and player concentrating and moving on the ball.) Plus using other charges - pinch, short yardage, etc.
2. IMPROVE 10 YARD SPEED
How: Practice 10 yards - tape & time
Leg stagger starts under the
pipes starts. Step up (box) drives
3. IMPROVE SLIDE* SPEED (*Shuffle & Carioca)
How: Improve strength and flexibility
of abductor muscles.
 - (a) upright and lateral leg raises -
with and without resistance.
 - (b) P.N.F. abductors - static
stretch (wide squats)
 - (c) time and film 20 yd lateral
shuffle
 - (d) cat ball
4. IMPROVE BENT KNEE POSITION
Since DL's start each play and spend a considerable amount of time in the bend leg position, it is necessary to spend time building not only strength and power in this area but also on strength endurance.
How: Step lunges, side lunges, lunge squats, hip flexibility and total hip strength, step-walking.
5. IMPROVE STRIKING AND HITTING
How: Berthas, reactors, medicine ball drills*, back extensions, dumbbell cleans and shoves. Drills with opponent using modified shoulder pads.
*inc. the highland throw

SEASON:
(WITH PADS)

6. REDUCE FINGER INJURIES

How: P.N.F. fingers

7. INCREASE SACKS

How: Master new pass rush techniques

(a) Deep Rip, High Lift, Work Off

(b) Deep Rip, Arm Bar

(c) Deep Rip, Spin

(d) Holdoff

(e) Counter Moves

8. IMPROVE GAP AND OVER/UNDER POS. PLAY

How: Drill vs. combinations

9. SHUCK BLOCKERS AT POINT AND IN PURSUIT

How: (a) Grab wrestling (tie up & release)

(b) Wand drills

(c) Side drills with blocker & runner

TERMS WHICH APPLY TO
ABILITIES REQUIRED TO EXCEL AS A DEFENSIVE
LINEMAN IN THE N.F.L.

ABILITY TO:

<u>TERM</u>	<u>DEFINITION OF TERM.</u>
"HIT FOCUS"	Point of contact
"GOOD FOCUS"	The point on the blocker's body. If the defensive lineman can hit and lock on, this will allow proper leverage for control.
"LOCK"	Refers to wrists, elbows, shoulders set to hold off blocker. (This presumes the correctness of the lower body set.)
"WORK WITH AIR" (EXTENSION & SEPARATION)	Arm extension (lock) to keep blockers away from body - ability to neutralize block and avoid getting tied up (separation).
"SHUCK THE BLOCKER"	"Work with air", then shed or shake him and make tackle. Crucial here is the timing of the release.
"SHAKE & SHED"	"Shake" - Release blocker in direction of flow. (Hook Blk) "Shed" - Release blocker away from flow. (Drive Blk)
"HOLDOFF"	A technique to maintain separation without necessarily controlling the blocker enables defensive player to proceed to a desired point without being controlled by blocker. Offensively it would be called a "Straight Arm."
"READING THROUGH THE BLOCKER"	Mentally seeing the line and sequence between the blocker and ball carrier.
"UNFOCUSED BLOCK"	As you approach or maintain extension focus on the primary blocker, a secondary blocker blocks you (trap, cog reach, eat, release, or post & pivot).

TERM

DEFINITION OF TERM

"HOLD THE POINT"

Jam the hole - occupying two blockers - negating a "Two Fer," or vs. one blkr.

"HIP DIP"

A weight shift technique used by defensive player versus unfocused blocker, lowering center of gravity toward new force. Approaching you at approx. 3 or 9 o'clock. Also vs. post & pivot combination.

"HIP ROLL"

Versus primary blockers drive block, (flex knees - leg and back extension) used to negate blocker's momentum with a focused thrust by D.L.M.

"LEVERAGE ON BLOCKER"

The D.L.M.'s physical contact on the blocker that allows the D.L.M. to carry out his responsibility, and at the same time, prevent the blocker from accomplishing his objective. Terms that would apply here would be: center of gravity, locked in (joints), anchored (traction), mechanical advantage (body levers), body position (vs. opponents), etc.

"SLIP DOWN BLOCKS"

Ripping technique to onside pursuit or leverage. (Far shoulder technique)

"SLIP UNDER"

When wall off block has you downfield and you are forced to go behind blocker to maintain tight pursuit to L.O.S. (run around is an upfield maneuver.)

"SKIM THE GARBAGE"

Pursuit over bodies - keeping feet and "staying alive."

"SLIDE" (SHUFFLE & CARIOCA)

Movement keeping square for lateral pursuit and allows for cutback possibilities.

"KEEPING SQUARE"

Defensive linemen should endeavor to keep shoulders parallel to L.O.S., feet well spaced, toes upfield as long as possible or to next L.M.'s position - your knees and ankles flexed for a lower center of gravity.

COACHING POINT: If you keep your blocker from turning his shoulders, he'll not be able to wall you off or turn you out, and at the same time if you turn your shoulders, you become more vulnerable to counter movement techniques. Finally the defensive team with the most men square at the point will win.

<u>TERM</u>	<u>DEFINITION OF TERM</u>
<u>"SLIP, SLIDE & SKIM"</u>	A combination of defensive skills possessed by great D.L.M.
"KEEP EYE CONTACT"	Finding the ball in backfield while working on or across L.O.S.
<u>"LEVEL HEAD PLANE"</u>	Keeping head level, eyes locked on ball while engaged in pursuit or while engaging blockers at the point.
"READ"	Ability to quickly analyze blocking patterns and react efficiently and effectively.
"CONTROL STEP"	A technique using extension focus for purpose of drawing a block and allow defensive player to scrape (example: Tango, Ox, etc.)
"SCRAPING"	After the control step, the second step is a tight and lateral upfield step is executed. This should allow the defensive man to escape primary and secondary blocks, get to next hole and be in position to defend that hole responsibility.
<u>"MUSHED"</u>	Onside D.L.M. moved downfield by a blocker or a combination of blockers and runner.
<u>"WASHED"</u>	Moved off L.O.S. from offside by wall off block.
"TIGHT PURSUIT"	Prevent from being washed off the L.O.S. while pursuing; if you are, <u>slip under</u> blocker to maintain tight (to L.O.S.) horizontal pursuit.
"CHUCK BLOCKER"	Impede the <u>release</u> of a primary blocker by using arm shiver.
"PRE-SNAP"	Not tensed, but relaxed. Without air - prior to snap you should slowly, slowly be breathing out under control. Mind free from thought. At snap - expel the remaining air forcefully as you attack and react! Remember: tensing your muscles will fatigue them and at the same time, it raises the body's center of gravity. Also, if you are thinking, you'll not react as quickly.

<u>TERM</u>	<u>DEFINITION OF TERM</u>
HAVE FACTOR "RANGE"	Is he supporting all over field or is he limited?
"BURST"	Quickness closing on QB or runner in open field.
TO BE A "FACTOR" EVERY 5 PLAYS OR BETTER	Measurable contribution per play.
"WRAP UP"	Ability to terminate play alone for minus or no gain.
"RUN SACK"	Tackle runner for loss.
"EXECUTE ALL CHARGES"	To be able to Pass Rush, Gap Charge, Two Gap, etc.
"BE A PRO"	To be a man, not a kid. He is a true Craftsman who takes <u>Pride</u> in his work. His body is "tuned," "fueled" and <u>conditioned</u> to react with skill. He needs no coddling, no pep talk, no psychology. He needs <u>understanding</u> and truth. He is <u>paid to produce</u> . He <u>produces</u> . He has enough <u>self-respect</u> never to be caught giving less than his best for value received. He's dead game.
"GO THE ROUTE"	To have the anaerobic and aerobic endurance to go all out for the entire game.
"C.O.D."	"Quick" Change of Direction.
"QABS"	Quickness, agility, balance, speed.
"A TWO FER"	2 Blockers executing a combination block and blocking 2 defensive players.
"CRAB TECHNIQUE"	A technique of quickly shifting from one position to another. This keeps one hand and foot in contact with the ground at all times.
"PRIMARY" (FOCUS BLOCK)	The primary blocker is the one you read.
"THE 3R'S OF LINEPLAY"	Rehearse, Relax, React 1. Visualization, is just thinking in pictures. By rehearsing the charge and tree.

DEFENSIVE BLOCKING TERMINOLOGY

1. PRIMARY BLOCKS (INDIVIDUAL LINEMAN KEYED) VS. BASE DEFENSES

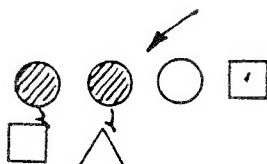
A. DRIVE BLOCK

- A basic one on one block by a primary blocker with focus in the numbers. The blocker attempts to drive defensive man off the L.O.S. or in the attempt makes it difficult, or in fact, negates a release by the defensive man in time to defend the hole responsibility. A lateral gap is often created.



B. TURN OUT BLOCK

- A variation of the drive block with the primary blocker positioning to block the defensive man from moving inside, laterally along the L.O.S. This creates a vertical gap for the runner.



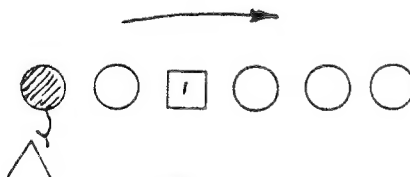
C. HOOK BLOCK

- A primary blocker attempting to get an outside position on the defensive man to block him from moving outside laterally along the L.O.S. This block, if successful, will keep our leverage man from his point on the containment triangle of a sweep.



D. WALL OFF BLOCK

- A primary blocker on the offside of a play positioning his block to restrict the defensive player from pursuing the play down the L.O.S. The blocker is successful by either cutting the defensive lineman by forcing him to retreat off the L.O.S., or by forcing him to run around the block upfield.



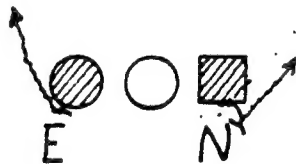
E. RELEASE BLOCK

- A primary blocker releasing off the L.O.S. block a linebacker in pursuit. This can be done immediately or delayed with a bucket step.



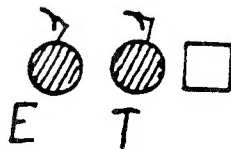
F. BAIT BLOCK

- A primary blocker a passive position block depends on your inertia from allowing you to recover to defend your hole responsibility.



G. PASS SET

- Can be used to defend for a pass, or to set up a draw or a trap.



H. CRAB BLOCK

- Most often used by centers as a form of hook block - an all fours release like scramble to restrict pursuit down L.O.S. by nose.



I. REVERSE

- Used mostly by centers and tackles on draws. An upper body reverse body block - center steps, positions head on blocks, plants and uses off arm slam as reverse.



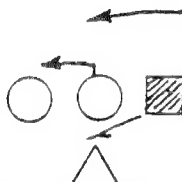
2. SECONDARY BLOCKS (INDIVIDUAL LINEMAN NOT KEYED)

A. REACH BLOCK

(an onside block)

- (Two types of Reach Block)

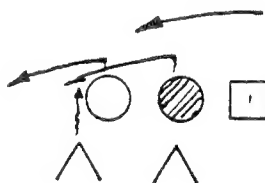
A secondary blocker attempting to block defensive man from the inside on an onside play.



B. SPRINT REACH BLOCK

(an onside block)

- Onside offensive lineman pulling to attempt to block defensive man from the inside on an onside play.

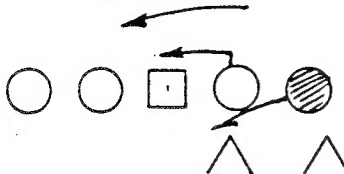


C. REACH CUTOFF BLOCK

(an offside block)

- (Two types of Cutoff Block)

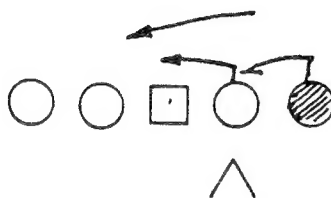
A technique used by offensive linemen to cut off pursuit of defensive man, usually takes place at offside of play.



D. SPRINT CUTOFF BLOCK

(an offside block)

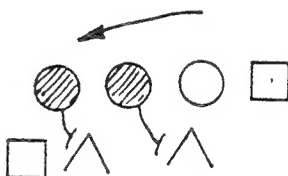
- A pulling technique used by linemen to cut off pursuit of defensive man by clipping him on L.O.S.



E. DOWN BLOCK

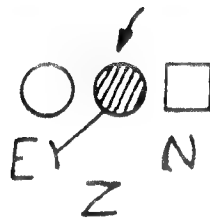
(an onside block)

- An onside offensive lineman attempts to block inside defensive lineman from pursuit.



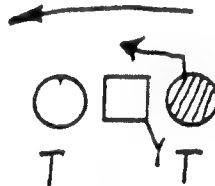
F. OUT BLOCK
(an onside block)

- An onside lineman attempting to block a defensive man to the outside.



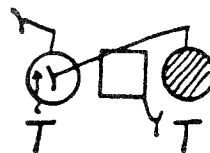
G. BACK BLOCK
(an offside block)

- A technique used to prevent pursuit by offside defensive lineman by blocker closer to onside.



H. TRAP BLOCK
(an onside block)

- (or log block) Describes a block on any defensive man who penetrates the L.O.S. A trap is usually 2 or more men away from the organization of the trapper.

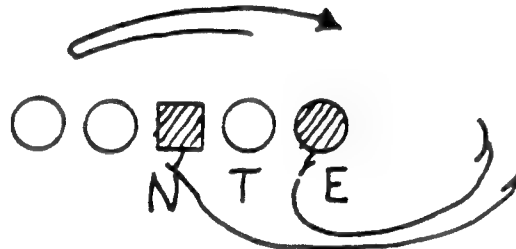


See trap blocks combination

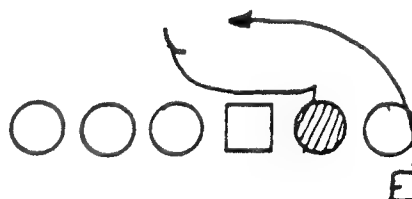
1. THE FOLLOWING ARE DECEPTIVE BLOCKS USED BY INDIVIDUAL LINEMEN (NOT KEYED)

PEEL BLOCK
(an onside block)

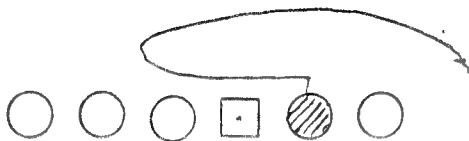
- An attempt technique used to block back on pursuing defender usually on a misdirection play.



O SPRINT WHIRL CUT OFF
(an offside block)



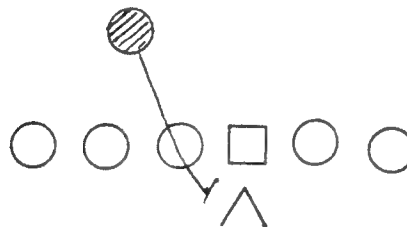
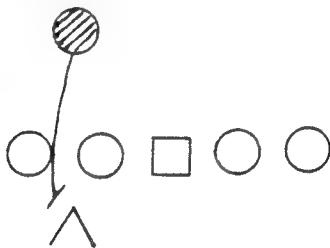
O SPRINT
WHIRL
REVERSE
(an onside
block)



2. OTHER SECONDARY BLOCKS (NON LINEMAN NOT KEYED)

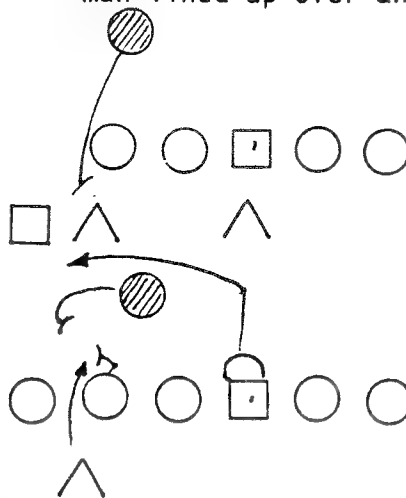
A. WHAM BLOCK

- An attempted block by back on any defensive lineman lined up inside the area of the offensive tackles.

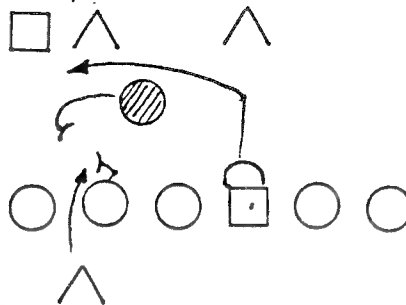


B. BILL BLOCK

- An attempted block by a back on a defensive man lined up over an offensive tackle.

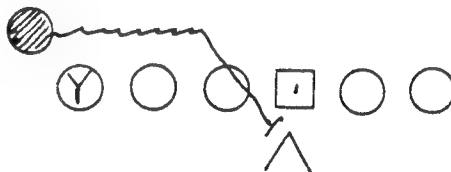


C. DASH BLOCK

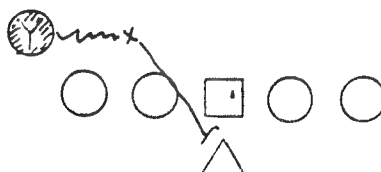


3. OTHER SECONDARY BLOCKS (NON LINEMAN NOT KEYED)

A. WING WHAM

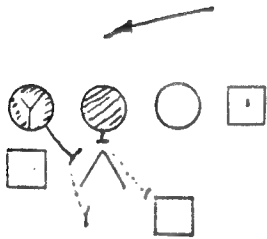


B. Y WHAM

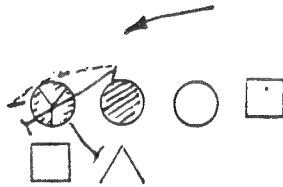


2 MAN COMBINATION BLOCKS

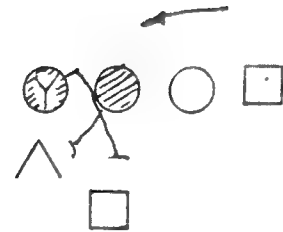
EATS - ALL COMBINATIONS INVOLVING THE OFFENSIVE END AND OFFENSIVE TACKLE



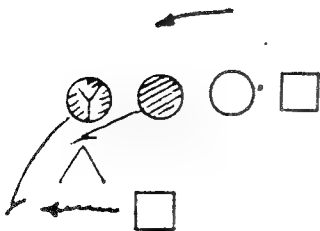
EAT



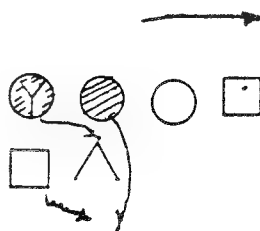
EAT X



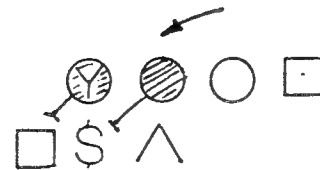
EAT WIPE



EAT REACH

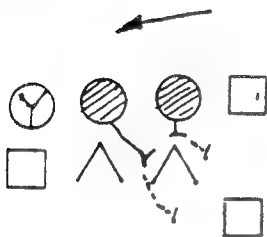


EAT SCOOP (SEAL)

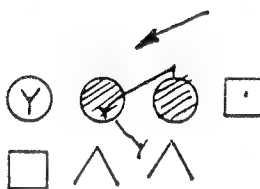


EAT FAN

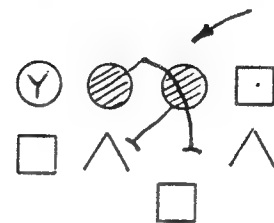
TAGS - ALL COMBINATIONS INVOLVING THE OFFENSIVE TACKLE AND OFFENSIVE GUARD



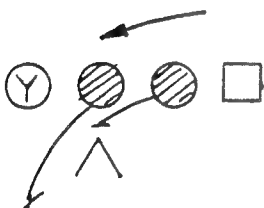
TAG



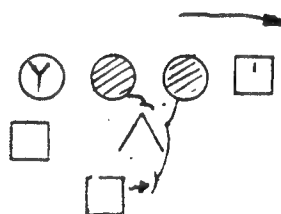
TAG X



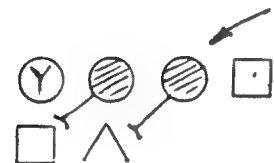
TAG WIPE



TAG REACH

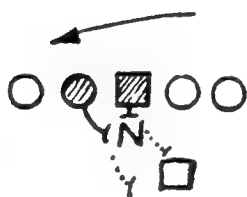


TAG SCOOP (VS GAP END)

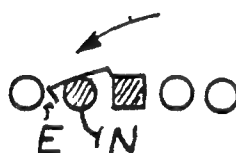


TAG FAN

COGS - ALL COMBINATIONS INVOLVING THE OFFENSIVE GUARDS AND CENTER



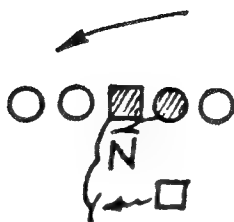
COG



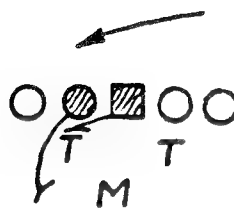
COG X



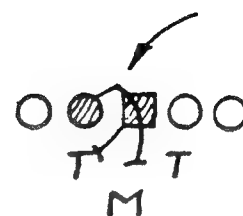
COG WIPE AT 4



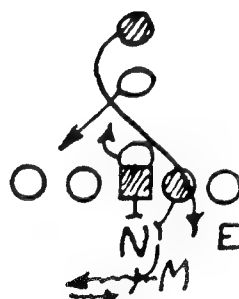
COG REACH (SEAL)



COG REACH



COG WIPE AT 2



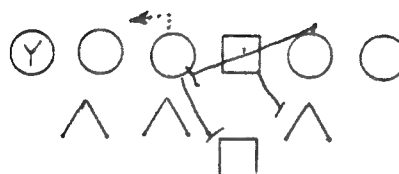
COG CUTBACK

(3 OR MORE MEN) COMBINATION BLOCKS

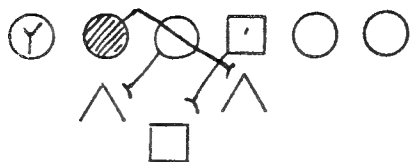
TRAPS



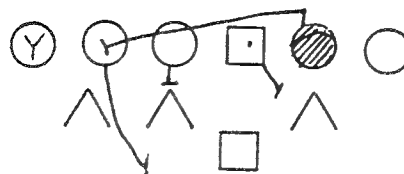
"G" TRAP



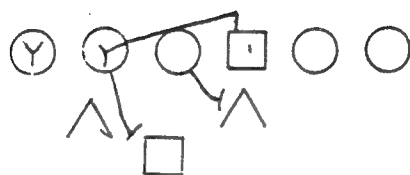
"O" TRAP @2
G.I. "O" TRAP @2



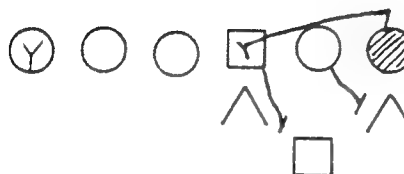
TACKLE TRAP



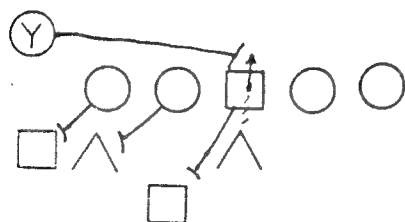
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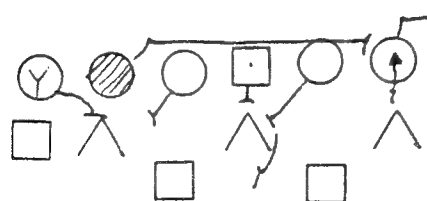
CENTER TRAP



WEAK T TRAP

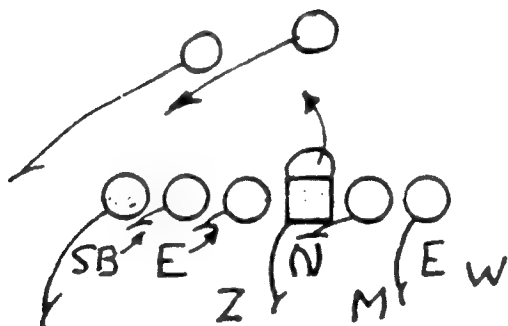


"Y" WHAM

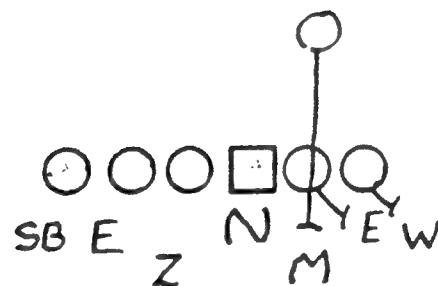


STRONG "T" TRAP

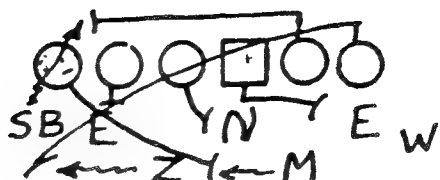
TEAM REACH



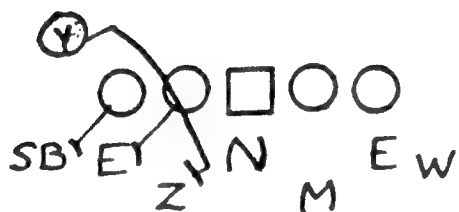
FAN BLAST



OT

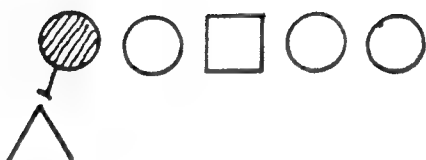


Y FOLD



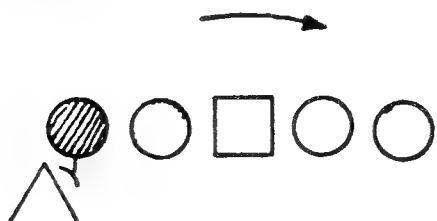
I. INDIVIDUAL BLOCKS AND COMBINATIONS
VS NORMAL 3-4 DEFENSIVE END

A. PRIMARY READS (ON ALL, MAINTAIN VERTICAL HEAD PLANE)



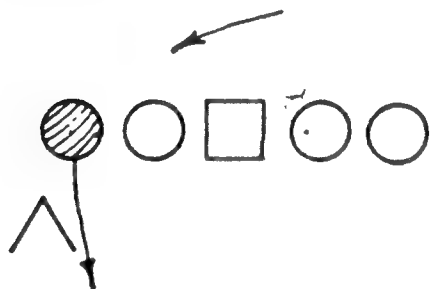
(1) DRIVE BLOCK

FOCUS, STEP, EXTENSION
 CONTROL (4-5) HOLE
 SQUEEZE (2-3) HOLE



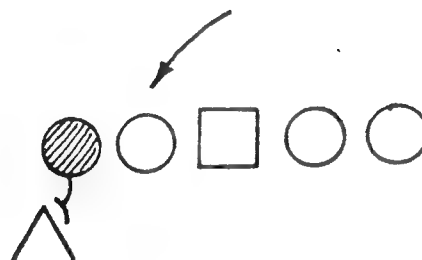
(3) WALL OFF BLOCK

AVOID: RUN AROUND &
 WASH. WORK Laterally
 ACROSS FACE OR SLIP UNDER.



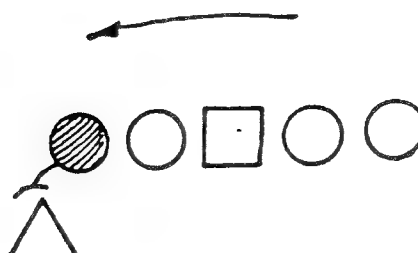
(5) RELEASE

ALLOW NO CLEAN RELEASES -
 CHUCK TACKLE - THINK TRAP -
 WHAM-DOWN, IN THAT ORDER



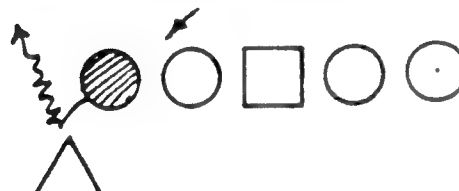
(2) TURN OUT BLOCK

DON'T ALLOW BLOCKER TO
 TURN SHOULDERS - SQUEEZE



(4) HOOK BLOCK

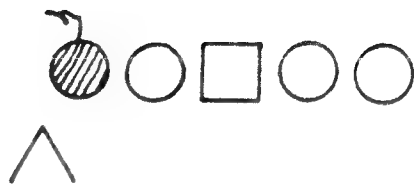
FOCUS & MAINTAIN EXTENSION.
 LOCK - WORK FOR OUTSIDE
 POSITION OF BLOCKER. IF
 LEVERAGE REQUIRES, MAINTAIN
 & REDUCE TIGHT PURSUIT.



(6) BAIT

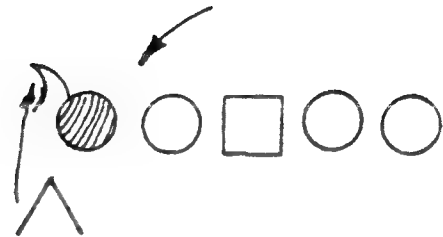
ONCE SENSED - SQUEEZE
 QUICKLY.

PRIMARY READS (D.E.'S) CONTINUED



(7) PASS SET

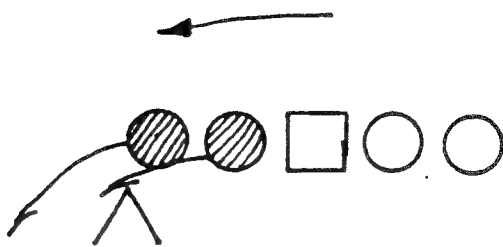
IF RUN FRONT, SQUARE OFF,
READ INSIDE, PASS RUSH



(8) CLUB

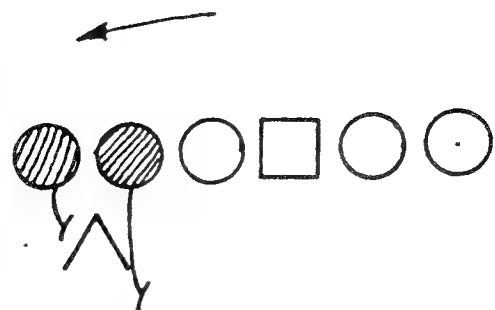
FOLD BACK QUICKLY

B. BASIC COMBINATIONS AND SECONDARY READS
(ON ALL, MAINTAIN VERTICAL HEAD PLANE)



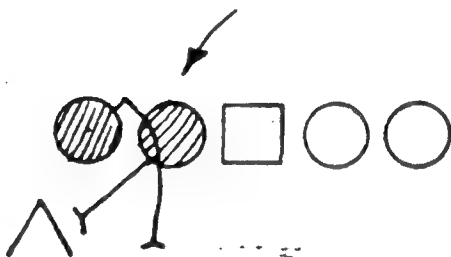
(1) REACH BLOCK (TAG)

NEGATE GUARD'S LEVERAGE
IMPEDE TACKLE'S RELEASE



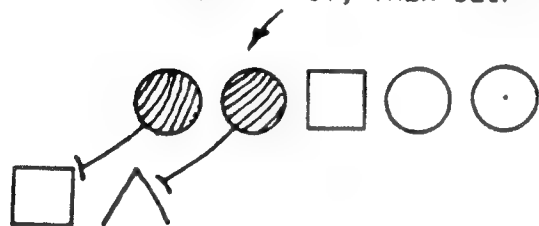
(2) DOWNBLOCK

CHUCK TACKLE'S RELEASE
APPLY LEVERAGE TO DOWN BLOCK
HOLD FIRST, THEN SLIP



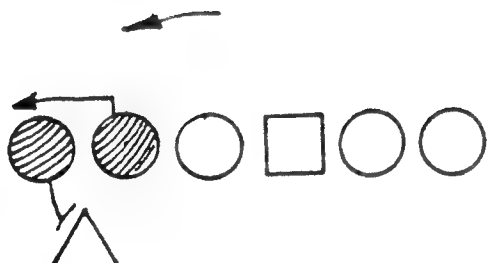
(3) TAG WIPE

SQUEEZE GUARD FIRST, THEN
SLIP.



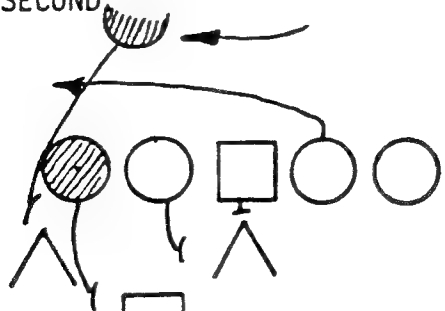
(4) OUT BLOCK (FAN)

REACT BACK TO GUARD
BY APPLYING LEVERAGE
TO SQUEEZE BLOCKER.



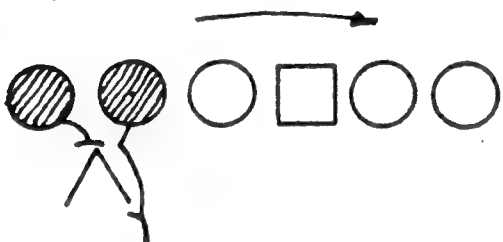
(5) X BLOCK (EAT) (B BLOCK)

REACT TO LEVERAGE ON
T.E. HOLD FIRST, SLIP
SECOND



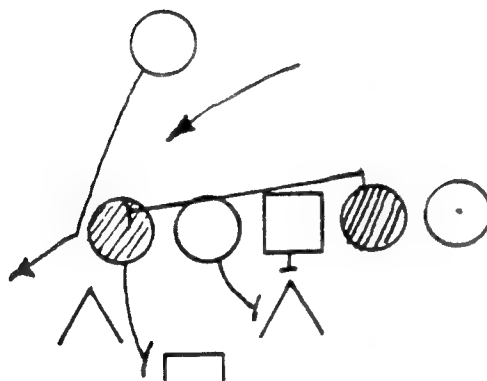
(7) BILL BLOCK

CHUCK TACKLE'S RELEASE
BREAKDOWN FOR TRAP (READ O'S DEPTH)
WARD OFF BACK'S BLOCK & MOVE
LATERALLY TO LEVERAGE.



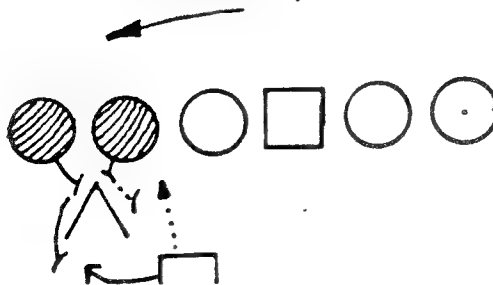
(9) EAT SCOOP (SEAL)

MAINTAIN POSITION ON TACKLE.
BY DOING SO IMPENDING TACKLE'S
RELEASE & NEGATING T.E.'S
REACH.



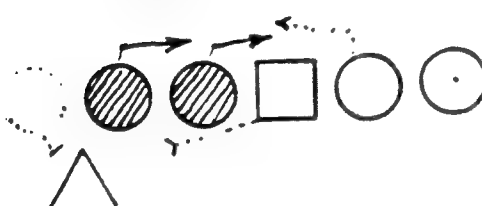
(6) O TRAP

CHUCK TACKLE'S RELEASE
BREAKDOWN FOR TRAP AND SQUEEZE.
TRAP FIRST, BILL SECOND



(8) EAT BLOCK (ON, OFF) (DEUCE)

HOLD THE POINT (HIP ROLE)
MAINTAIN LEVERAGE ON TACKLE -
ESCAPE LAST.

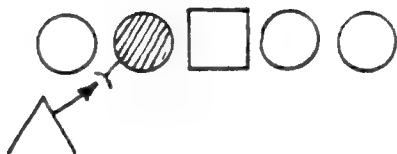


(10) OT BLOCK VARIATIONS

IF BACK BLOCKED, SLIP OR
RUN AROUND. IF BOOT READ,
RUN AROUND TECHNIQUE

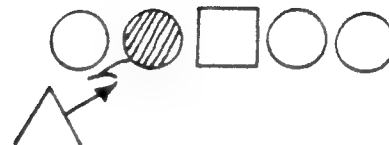
I. INDIVIDUAL BLOCKS AND COMBINATIONS VS PINCHING END

A. PRIMARY READS (ON ALL, MAINTAIN LEVEL HEAD PLANE)



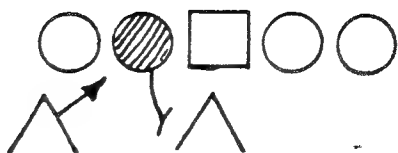
OUT BLOCK

THIS IS A FOCUSED BLK.
GOOD HIT FOCUS AND SQUEEZE.
HOLE RESP. REMAINS 4-5 HOLE.



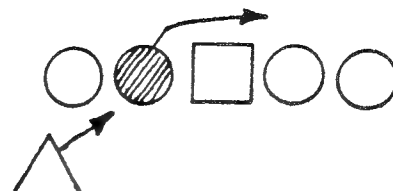
REACH BLOCK

AGAIN THIS IS A FOCUSED
BLOCK. MAINTAIN LEVERAGE
ON GUARD. HOLE RESP.
REMAINS 4-5 HOLE.



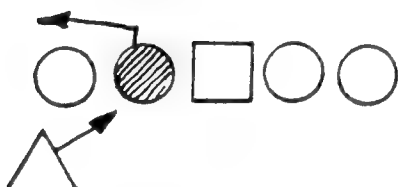
RELEASE BLOCK

PLAY TRAP FIRST
ANGLE OFF GUARD'S RIGHT
HIP AND STUFF TRAP.



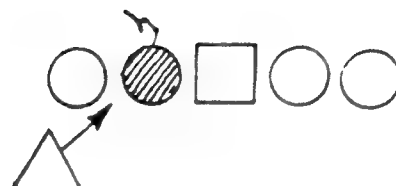
O BLOCK

ANGLE OFF GUARD'S RIGHT
HIP AND CHASE.



G BLOCK (A. BLK)

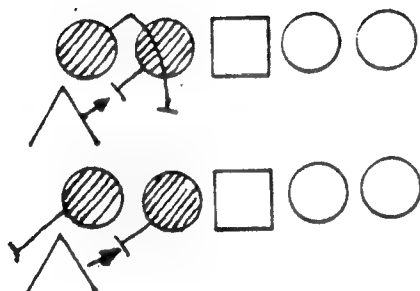
USE RUN AROUND
TECHNIQUE.



PASS SET

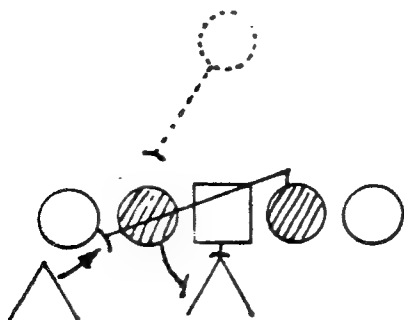
MAKE INSIDE MOVE ON
GUARD.

B. SECONDARY BLOCKS AND COMBINATIONS



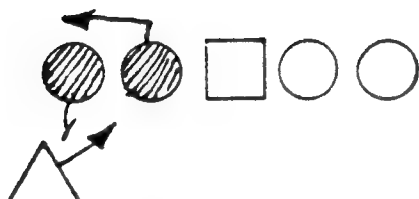
(TAG) FAN BLOCK OR WIPE BLOCK

GOOD HIT FOCUS & SQUEEZE. HOLE
RESP. REMAINS 4-5 HOLE



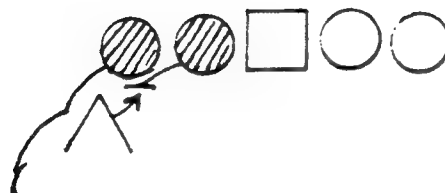
O TRAP (OR BILL BLOCK)

PLAY TRAP FIRST. ANGLE OFF
GUARD'S RIGHT HIP AND STUFF
TRAP OR BILL BLOCK.



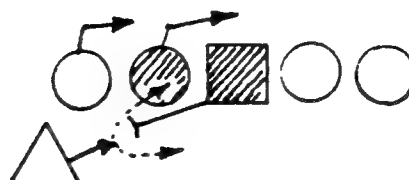
G BLOCK (A BLK)

USE RUN AROUND
CONTINUE PENETRATION FOR
POSSIBLE WIPE OFF OR STRIP.



(TAG) REACH BLOCK

AGAIN THIS IS A FOCUSED
BLOCK. MAINTAIN LEVERAGE
ON GUARD. HOLE RESP.
REMAINS 4-5 HOLE.



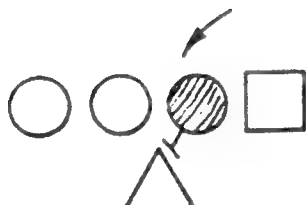
(OT) BACK BLOCK

SLIP OR RUN AROUND CENTER'S
BLOCK, DEPENDING ON C'S
TECHNIQUE.



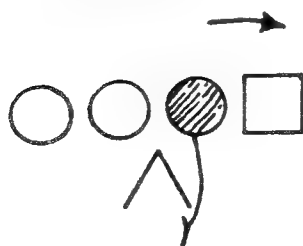
I. INDIVIDUAL BLOCKS AND COMBINATIONS VS GAP ENDS

A. PRIMARY READS



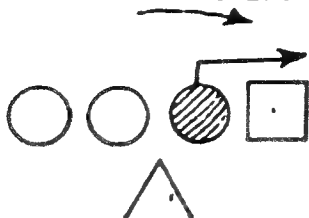
(1) TURNOUT BLOCK

KEEP OUTSIDE ARM FREE
AND PREPARE TO SQUEEZE
BLOCKER.



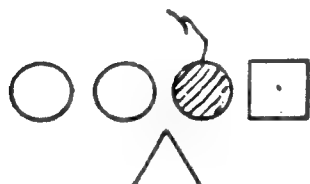
(3) RELEASE BLOCK

ALLOW NO CLEAN RELEASE -
CHUCK TACKLE!



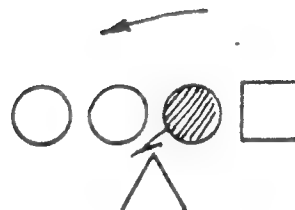
(5) O BLOCK

GO! USE RUN AROUND
TECHNIQUE.



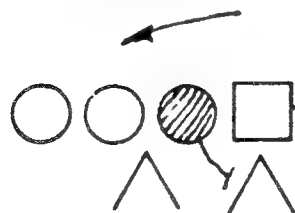
(7) PASS SET

(IF RUN FRONT)
SQUARE OFF ON BLOCKER.



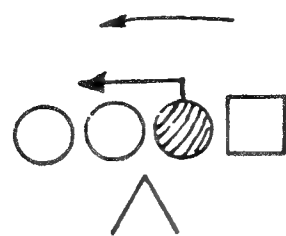
(2) HOOK BLOCK

USE ARM EXTENSION TO NEGATE
HOOK-WORK FOR OUTSIDE POSITION
ON BLOCKER.



(4) DOWN BLOCK

THINK TRAP 1ST, WHAM & DOWN 2ND



(6) G BLOCK (A-BLK)

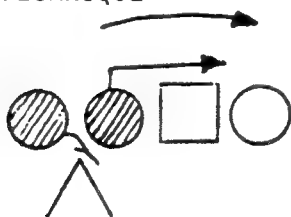
GO! USE RUN AROUND
TECHNIQUE.

B. SECONDARY BLOCKS AND COMBINATIONS



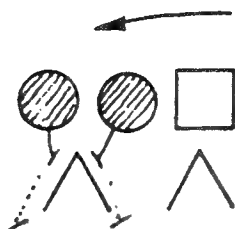
(1) BACK BLOCK

USE RUN AROUND
TECHNIQUE



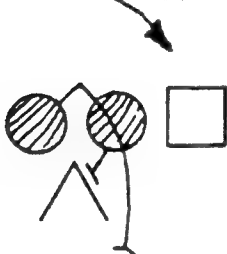
(3) CUTOFF BLOCK

FAST TAKE OFF & FOLLOW
GUARD'S INSIDE HIP



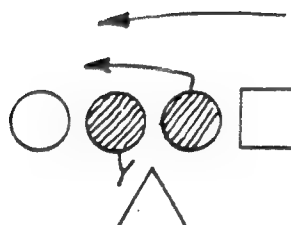
(5) TAG (ON OR OFF) (PINCH)

MAINTAIN LEVERAGE ON
GUARD HOLD POINT



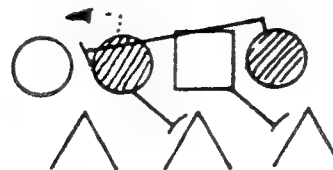
(7) TAG WIPE

SQUEEZE GUARD



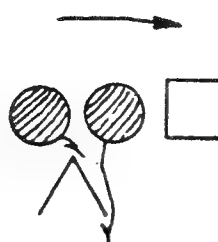
(2) DOWN BLOCK (A BLK)

USE RUN AROUND
TECHNIQUE



(4) O TRAP (& T. TRAP & G.I.)

STUFF TECHNIQUE



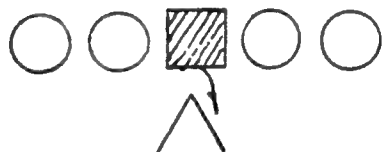
(6) TAG SCOOP

MAINTAIN FOCUS ON GUARD, DO
NOT ALLOW TACKLE'S LEVERAGE
ON YOU.

NOTE: ALSO WHAMS, T.E.
TRAPS, WING TRAPS,
ETC.

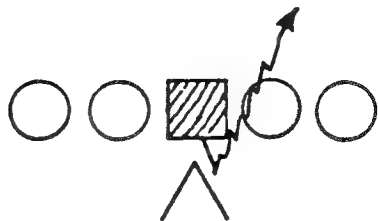
I. INDIVIDUAL BLOCKS AND COMBINATIONS
VS NORMAL 3-4 NOSE

A. PRIMARY READS (ON ALL, MAINTAIN VERTICAL HEAD PLANE)



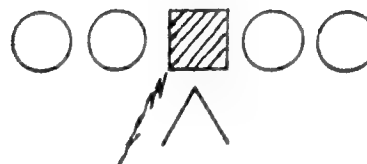
HOOK BLOCK

STEP & EXTEND
 PREVENT CENTER'S SHOULDERS
 FROM TURNING (WITH LEVERAGE
 FROM EXTENSION AND FOOTWORK-
 NOSE)



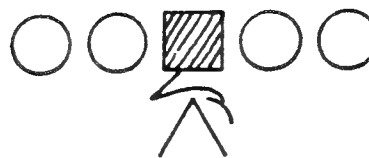
BAIT BLOCK

EXTEND-CONTROL STEP
 SNAP BACK



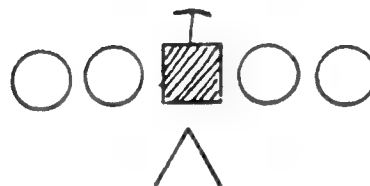
SCRAMBLE BLOCK

HANDS ON AND LEGS BACK
 APPLY WEIGHT TO BLOCKER
 WITH ARMS AND BODY POSITION.
 WORK FEET TO ESCAPE.



REVERSE BLOCK

EXTEND AND STAY SQUARE

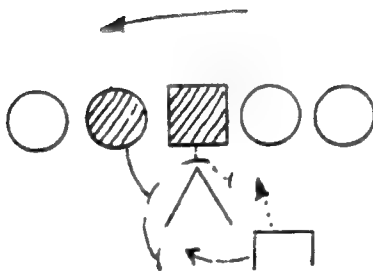


PASS SET

STAY SQUARE AND EXTEND

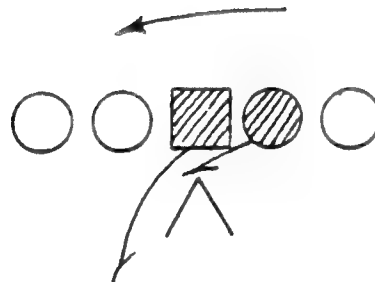
B. BASIC COMBINATIONS AND SECONDARY READS

(ON ALL, MAINTAIN VERTICAL HEAD PLANE)



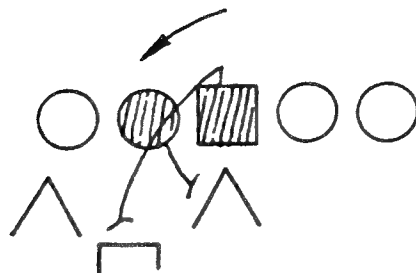
(1) COG (OFF & ON) (CLAMP)

HOLD THE POINT (HIP ROLE)
MAINTAIN LEVERAGE ON
CENTER. LAST ESCAPE



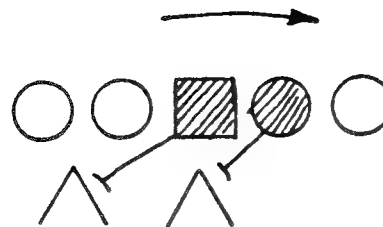
(2) COG SCOOP (SLIP)

NEGATE GUARD'S LEVERAGE
IMPEDE TACKLE'S RELEASE



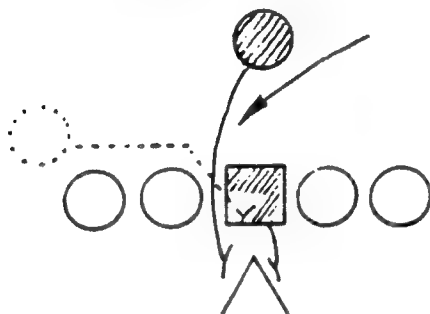
(3) COG WIPE

GRAB CENTER ON
EXTENSION ... HOLD ON



(4) BACK BLOCK

REACT BACK TO GUARD,
BY APPLYING LEVERAGE TO
SQUEEZE BLOCKER.

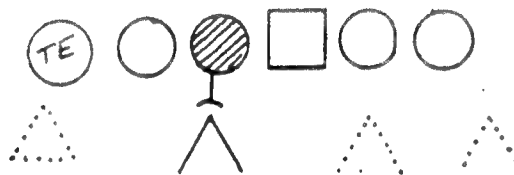


(5) NOSE WHAM (TRAP)

STAY SQUARE, REACT
BACK TO WHAM (TRAP)

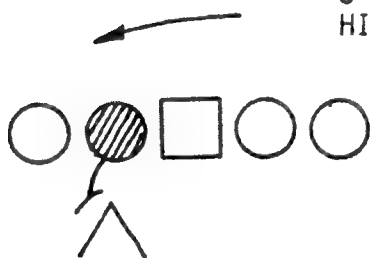
I. INDIVIDUAL BLOCKS AND COMBINATIONS VS OVER AND UNDER LINEMEN (2 GAP TECH.)

A. PRIMARY READS (ON ALL MAINTAIN LEVEL HEAD PLANE)



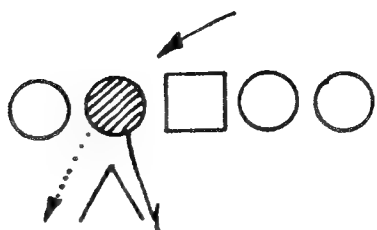
(1) DRIVE BLOCK

3-5, 2-4 HOLE RESP.
HIT FOCUS - SHUCK



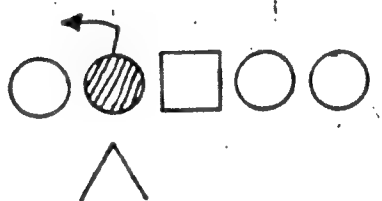
(2) HOOK BLOCK

HIT FOCUS ON OUTSIDE
SHOULDER - LOCK & SLIDE,
PREVENT GUARD'S LEVERAGE.



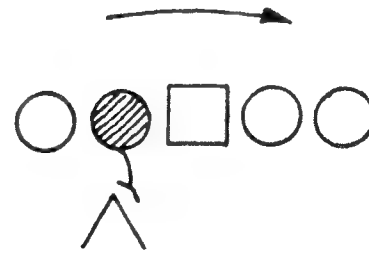
(4) (INSIDE) RELEASE BLOCK, (OUTSIDE RELEASE)

ALLOW NO CLEAN RELEASES
CHUCK GUARD - THINK TRAP.
WHAM - DOWN, IN THAT ORDER, IF
OUTSIDE RELEASE, IMPEDE QK RELEASE -
PREVENT REACH BY CENTER.



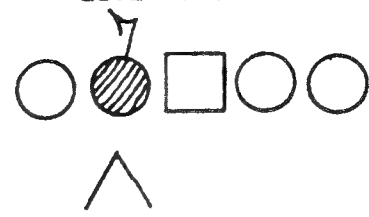
(6) G

THINK TRAP (THEN WHAM)
CONTROL STEP, BREAK DOWN AND STAY
SQUARE



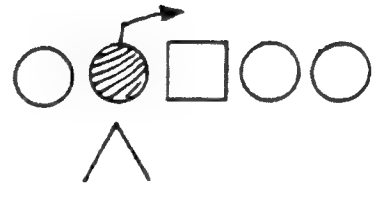
(3) WALL OFF BLOCK

HIT FOCUS ON INSIDE
SHOULDER - LOCK & SLIDE,
PREVENT GUARD'S
LEVERAGE.



(5) PASS SET

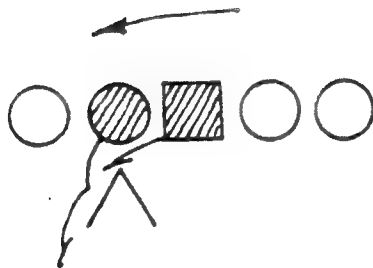
IF RUN FRONT, SQUARE
OFF, READ INSIDE,
PASS RUSH.



(7) O

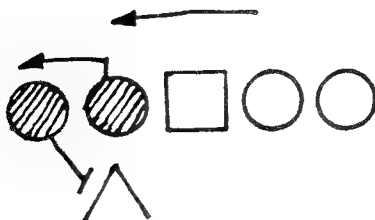
STEP TO CENTER - NO
BLOCK-FREEZE! IF BACK
BLOCK BY C., HOLD & SLIP
TO PURSUE.

B. BASIC COMBINATIONS AND SECONDARY READS
(ON ALL MAINTAIN LEVEL HEAD PLANE)



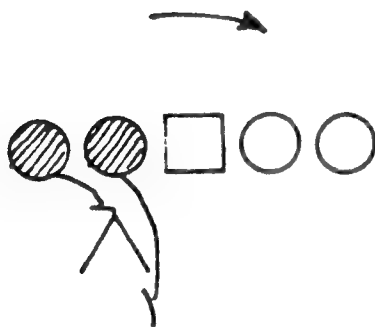
COG REACH (CLAMP)

OUTSIDE STEP - LEFT ARM
EXTENSION - SLIDE AWAY
AND HOLD OFF LEVERAGE BY CENTER



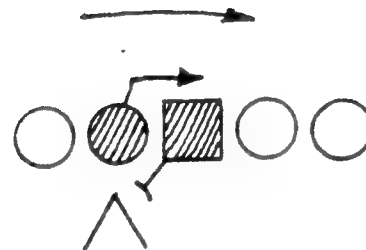
G BLOCK (A BLOCK)

SQUEEZE TACKLE THEN SLIP
NO TACKLE, PLAY TRAP, WHAM



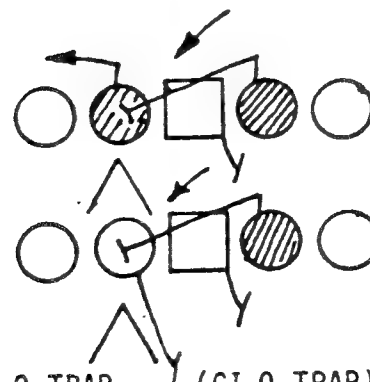
TAG REACH (SCOOP)

ALLOW NO CLEAN RELEASE
PREVENT TACKLE'S LEVERAGE
SLIDE TO PURSUIT



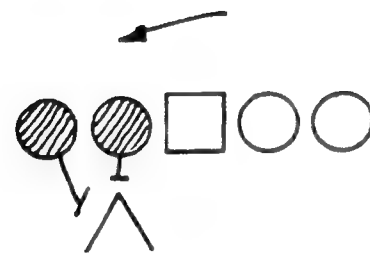
O BLOCK

SQUEEZE CENTER THEN SLIP



O TRAP (GI O TRAP)

ALLOW NO CLEAN RELEASE
CHUCK GUARD - THINK TRAP.



TAG (ON-OFF) (PINCH)

HOLD THE POINT (HIP ROLE)
MAINTAIN LEVERAGE ON TACKLE
ESCAPE LAST.

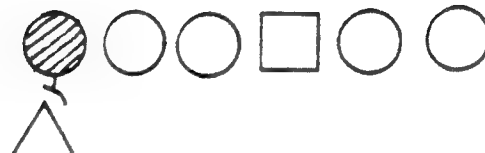
I. INDIVIDUAL BLOCKS AND COMBINATIONS VS STACK
ENDS IN NORMAL (HEAD UP POS.)

A. PRIMARY READS (ON ALL, MAINTAIN LEVEL HEAD PLANE)



(1) DRIVE BLOCK (8 BLK)

FOCUS HIT - 2 GAP
 RESP. DON'T ALLOW T.E.
 TO TURN SHOULDERS BY
 EXTENSION.



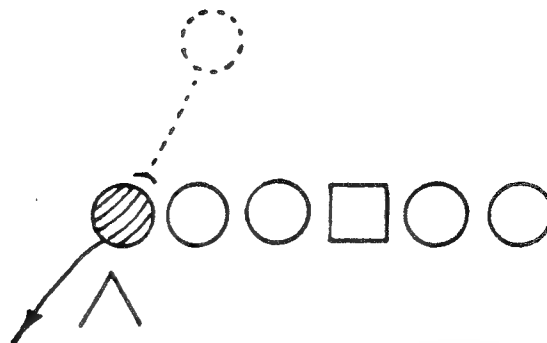
(2) TURN OUT BLOCK

ATTEMPT TO KEEP TE'S
 SHOULDERS FROM TURNING -
 SQUEEZE 6 HOLE.



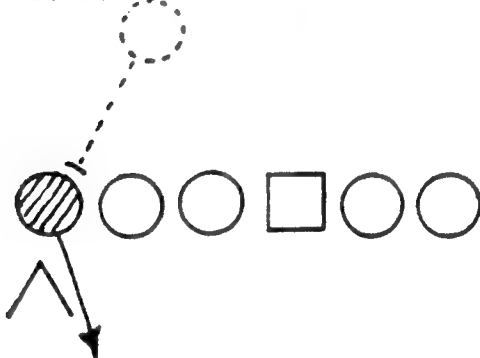
(3) HOOK BLOCK

AVOID TE'S LEVERAGE BY
 EXTENSION ON TE'S OUTSIDE
 SHOULDER. DON'T ALLOW HIM
 TO TURN. KEEP CUTBACK POSITION ON BALL.



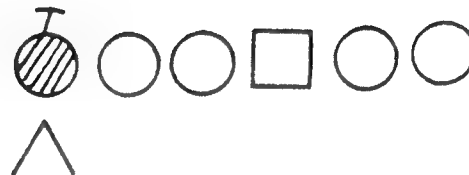
(4) OUTSIDE RELEASE BLOCK

ALERT FOR BOB, PASS.



(5) INSIDE RELEASE

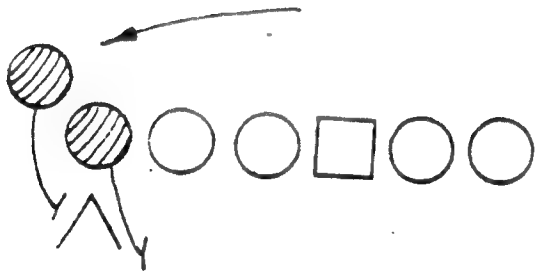
ALLOW NO CLEAN RELEASE
 CHUCK T.E. THINK BOB. SQUEEZE
 SECONDARY BLOCKER FROM RUNNING LANE.



(6) SLOW BLOCK

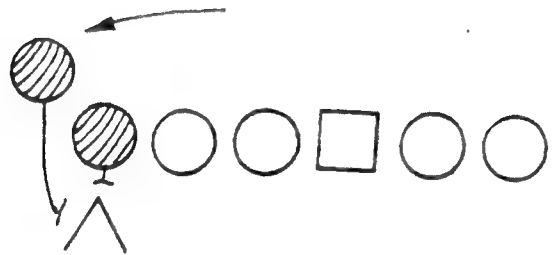
ALERT FOR CUT BLOCK
 GO FOR PASS RUSH

B. BASIC COMBINATIONS AND SECONDARY READS (ON ALL, MAINTAIN
LEVEL HEAD PLANE)



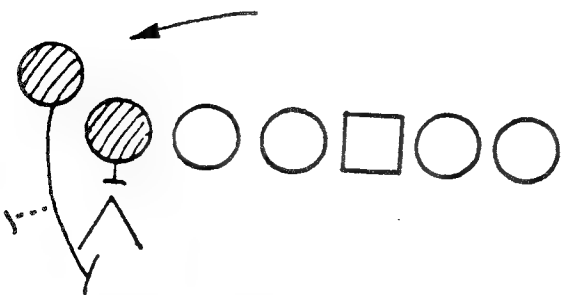
WAT DOWN BLOCK

WORK TO NEUTRAL POS. ON
W. FORCE
W. UPFIELD - KEEP CUTBACK
POS. ON BALL (POS. SLIP TECH.)



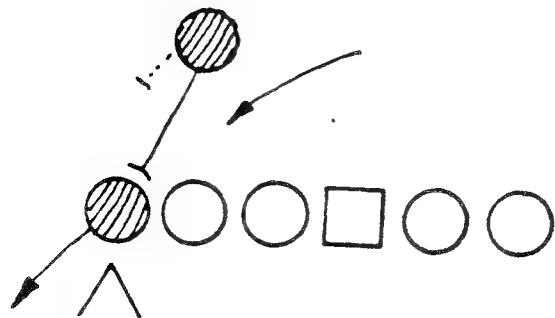
WAT BLOCK

HOLD THE POINT AND GET
PENETRATION UPFIELD.



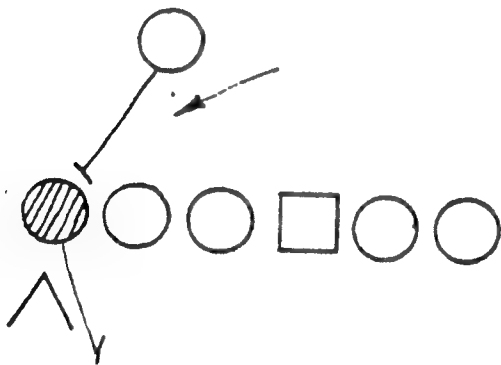
WAT SLAM INFLUENCE

KEEP LEVERAGE ON TE. DRIVE
TE BACK.



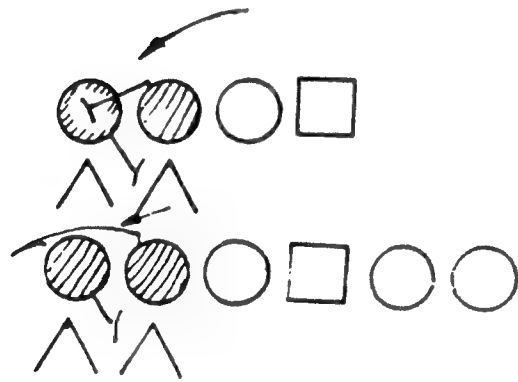
BOB BLOCK (OUTSIDE RELEASE)

SQUEEZE SECONDARY BLOCKER.



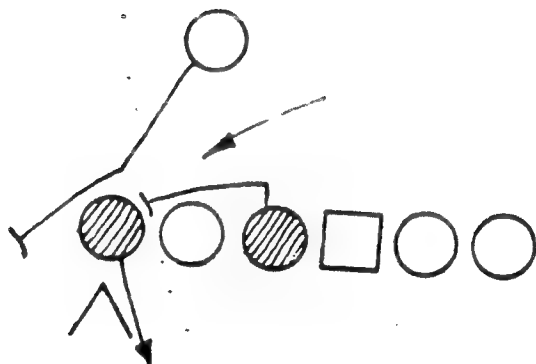
BOB BLOCK (INSIDE RELEASE)

CHUCK RELEASE, SQUEEZE
FROM RUNNING LANE.



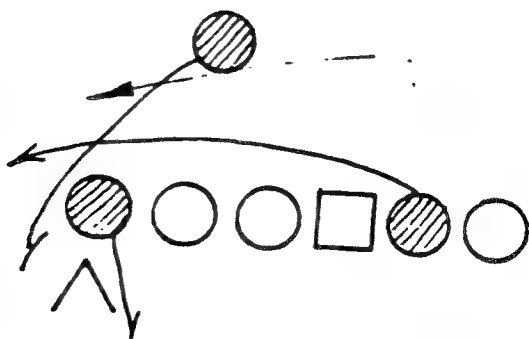
X BLOCK (HOOK OR TRAP)

SQUEEZE - CUTBACK RESP.



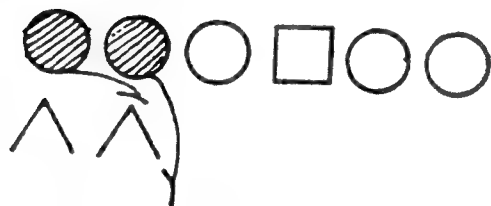
BI - G BLK

SEE BACK AND READ
GUARD'S DEPTH - SQUEEZE G.



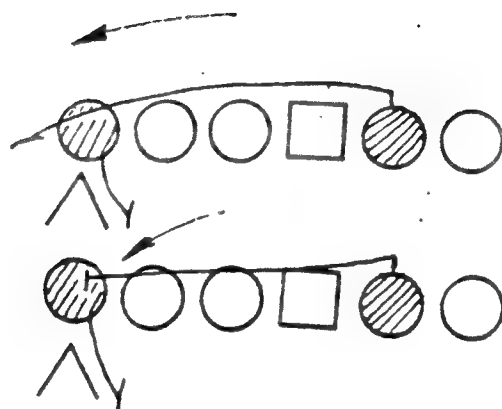
BOB - G PULL

ALLOW NO CLEAN RELEASE
CHUCK TE - READ DEPTH -
SLIDE OUT & MEET BACK
WITH INSIDE FOREARM AND
POS. SHOULDER.



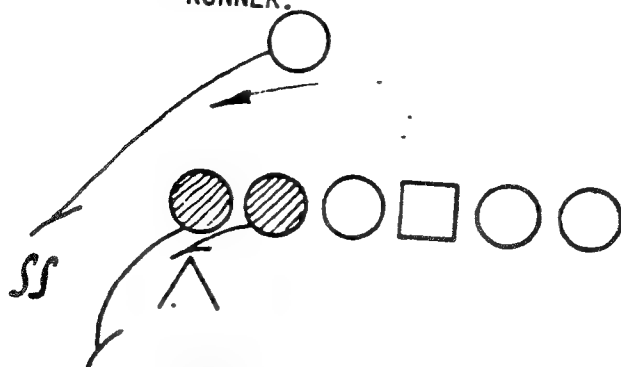
SCOOP STRONG (SEAL)

LATE PURSUIT TECH.



O TRAP OR "O" LOG

ALLOW NO CLEAN RELEASES.
CHUCK T.E. SQUEEZE TECH.
FROM RUNNING LANE. IF
LOG, KEEP CUTBACK POS. ON
RUNNER.



REACH BLOCK (POWER)

TREAT AS OUTSIDE RELEASE.
KEEP SQUARE - PREVENT
LEVERAGE BY TACKLE.



POSITIONS OF DEFENSIVE LINEMEN

Zero Position



All Linemen

1. Nose to nose
2. On ball, or off depending on G.P.
3. 3 pt. square, or 4 pt. square

One Position



All Linemen

1. Inside leg splitting crotch
2. On ball
3. 3 pt. slight stagger

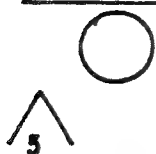
Three Position



All Linemen

1. Inside foot to outside foot
2. On ball, or off line
3. 3 pt. slight stagger

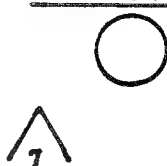
Five Position



Ends

1. Weak outside angle
Focus to point -
Strong - split difference between TE and T.
2. On ball
3. Racing stagger

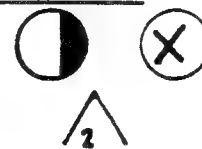
Seven Position



Ends

1. Outside split to non-hook pos.
2. On ball
3. 3 pt. slight stagger

Two Position



Tackles and Ends

1. Outside shoulder to inside shoulder
2. On ball
3. 3 pt. square, or 4 pt. square

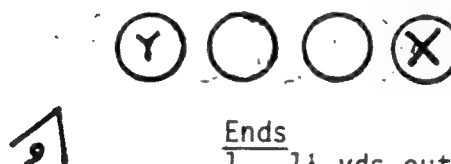
Four Position



All Linemen

1. Inside gap
2. On ball
3. Square

(Angle) Nine Position



Ends

1. 1 1/2 yds outside Y or T and angled.
2. 3 pt. stagger

CHARGES OF DEFENSIVE LINEMEN

CHARGE: GAP (60)

USE: _____ Short Yardage Situations

LINEMEN: All

POSITIONS: 4 - 2

STANCE: 4 point

KEY (Read): None

FOCAL PT. (Penetration): Outside leg of inside man

DESCRIPTION: A low, driving charge through point and up. Not a belly flop. Must penetrate and remove own legs from Plugger's take-off area. Near foot-near shoulder technique.

CHARGE: POWER

USE: Short yardage - eliminate or retard guards' - tackle's releases.

LINEMEN: Defensive Tackles - Defensive Ends

POSITIONS: 4 - 2

STANCE: 4 point

KEY (Read): None

FOCAL PT. (Penetration): Near leg of offensive guard or offensive tackle.

DESCRIPTION: Shoulder remains fairly square - driving with power step and reacting to inside pressure. Near foot-near shoulder technique. Through inside leg of outside man.

CHARGE: PINCH

USE: For penetration - change-up - quick chase

LINEMEN: Defensive Ends

POSITIONS: Used from 0 position unless lineman feels charge can be accomplished from 1 or 3 position.

STANCE: 3 pt. squared

KEY (Read): Offensive Guard

FOCAL PT. (Penetration): Designated back (G.P.)

DESCRIPTION: On snap explode to guard's hip with step, dip and rip. Cannot be cut off by tackle. If met by drive block, react to pressure and counter back. Step off with near foot. Primary blocker is next man inside. Hook blk. should be negated - Out block should be squeezed, Traps stuffed.

CHARGE: PUNCH

USE: For possible upfield penetration - anchor to possible onside attack - change-up - quick chase.

LINEMEN: Defensive Ends

POSITIONS: 0 - 1

STANCE: 3 pt. square

KEY(Read): Offensive Tackle (primary blocker)

FOCAL PT. (Penetration): Inside shoulder of primary blocker

DESCRIPTION: Similar to Pinch except after short lead step with near foot, use far shoulder shed on primary drive block. After countering this block, drive upfield and pursue ball. No immediate blocker after power step, react from that point. Play away, again quick chase. Split Tag reach. React to Out blocks and Traps.

CHARGE: CRASH

USE: Used as a penetrating upfield charge. Allows for good take off if pass develops. Good change-up to defeat double teams (Splits poorly worked double team).

LINEMEN: 3 pos. ends, gap ends.

POSITIONS: 3

STANCE: 3 pt. slightly staggered

KEY (Read): None

FOCAL PT. (Penetration): Outside hip of primary blocker

DESCRIPTION: Explode on snap - near foot-near shoulder technique. Quickness and momentum defeats drive block. Shoulder shed-forearm lift. Can't be hooked, inside release retarded and react from point. Vs. X, use run around.

CHARGE: RUSH - (See Pass Rush for more details)

USE: Used in pass rush situations. Expect pass, but react to run.

LINEMEN: All

POSITIONS: 5 for ends chiefly - but could others - 0, 1, 3 for tackles.

STANCE: Racing stagger - or best individual takeoff stance

KEY (Read): None

FOCAL PTS: Ends: Hook pt. - through primary blocker's perimeter point
Tackles: Grab pt.

DESCRIPTION: Explode on snap - penetration will disrupt blocking patterns on runs - The start of a 10 yard race with some "dummies" in the way, and a common finish point.

CHARGE: READ

USE:

When mixed with Crash charges it causes blocking problems. Allows defensive player to read combinations. A change-up - to defeat down block - prevent team taking advantage of an anticipated penetrating charge - allows pursuit without run-around problems.

LINEMEN:

SE on Over - Gap ends.

POSITIONS:

3

STANCE:

3 pt. slightly staggered - to square

KEY:

Primary blocker and tree of blocks.

FOCAL PT. (Penetration): None

DESCRIPTION:

Meet drive block with half base charge. Meet down block with cross face. Meet double team with hip dip and reaction through pivot man's head. Secondary blocker and trap - with stuff or squeeze technique.

CHARGE: 2 GAP BASE (From 0 Position)

USE:

Prevent successful release of blocker. Two gap responsibility.

LINEMEN:

All

POSITIONS:

0

STANCE:

4 pt. square, 3 pt. square

KEY: (Read):

Primary blocker

FOCAL PT. (Penetration): None

DESCRIPTION:

Vs. Drive Block:

On snap, drive arms forward and up under arm pits of blocker. Feet remain parallel. Contact is usually triangular - head butt, both hands on outside of chest portion of shoulder pads. The triangular shiver with hip roll should deflect blocker's momentum upward. At that time arms are extended and head separates - (with air) blocker's shoulders are controlled, and not allowed to turn. Eye contact on ball carrier and a timed shed or shake (steering wheel motion) should place defensive lineman in the path of the runner.

Vs. Hook:

By keying blocker's head the D.L.M. should step and extend arm to the far shoulder of the blocker, not allowing blocker's shoulders to turn and keeping blocker's shoulders parallel to L.O.S. The D.L.M.'s head will be behind the blocker's head, with near arm extended on blocker's far shoulder. The D.L.M.'s trailing arm will be on the outside pushing blocker on an angle as far upfield as possible. The D.L.M. should keep himself square to the L.O.S. by shuffling and not turning hips. He should also not cross legs while looking for possible cutback by runner.

Vs. Release and
Combination
Reaches:

The D.L.M. must slow the release of the blocker by making it difficult for him to make block on pursuing backers; the D.L.M. must recognize the difference between the angle of a release and the angle of a back block. As he steps in the direction of the releaser and rides him, the D.L.M. must avoid the possible cut block by the guard (combination reach). It is important to not have weight on trailing leg on first step. Avoid also the guard completing a hook block on you. You must split this combination, and by the spacing of the legs with proper shuffle technique, along with a lowered center of gravity the D.L.M. will avoid being washed by the guard's push. Also be prepared to defeat traps with squeeze or stuff techniques.

Post Pivot
Combinations:

The D.L.M. must attack post blocker, not allowing him to gain leverage and at the same time keeping him from generating any surge off L.O.S. While engaging the post blocker the hip roll to pivot blocker will prevent him from gaining any leverage advantage.

The result of successful techniques will:

1. Make for a quicker release of one of the blockers, and allow the D.L.M. to defeat the remaining blocker.
2. Allowing one of the combination to gain leverage, and allow the other one to successfully block the pursuing backer, or shooting backer.

Coaching Point: The D.L.M. must attack primary blocker and not attempt to catch combination.

Vs. Club:	By not breaking a cardinal rule of allowing the primary blocker to turn shoulders, you will prevent this block. Counter with a sharp arm shiver to forward shoulder and work square.
Vs. Bait:	By keeping square, and not ever over-extending, the D.L.M. will be in proper position to defend his hole responsibility vs. this block. <u>Coaching Point:</u> With Base charge never turn shoulders until you have eye contact with the ball.
Vs. Back (Whams) Combinations:	After power step and extension, and the primary blocker's angle allows no contact, the D.L.M. must immediately react back to back blocker. Stay square and stay low. Back blocker's head position will determine D.L.M.'s counter (Spin-cross face-chase, etc.).
Vs. X (Wipes) Combinations:	When primary blocker pulls or folds - read combination as you power step - stay square, stay low. No contact, look and react to blocker's head position and counter.
Vs. Cut & Scramble:	Use pancake technique and bounce to pursuit.
 <u>CHARGE:</u> HALF BASE (From 1 or 2 pos.) SHADE	
<u>USE:</u>	Enables defensive player to read on the move - control position blocker - maintain hole responsibility.
<u>LINEMEN:</u>	All
<u>POSITIONS:</u>	1, 3, 2
<u>STANCE:</u>	3 pt. slightly staggered
<u>KEY (Read):</u>	Primary blocker - with some combinations
<u>FOCAL PT. (Penetration):</u>	None
<u>DESCRIPTION:</u>	On snap, drive inside arms forward and up as you would from 0 position except your pt. of contact with your outside arm. You now secure an outside grab (as in pass rush) simultaneously driving your inside shoulder into his helmet as you power step with inside leg. Outside arm is now free to tackle or to shed blocker as you react to tree of blocks.

CHARGE: OUT (Short Yardage)

USE: To prevent down block collapse

LINEMAN: All

POSITIONS: 2-4

STANCE: 4 pt.

KEY (Read): None

FOCAL PT. (Penetration): Outside leg of outside man.

DESCRIPTION: Near foot, far shoulder through outside leg of outside man. Must explode on charge - a low - and up charge.

CHARGE: REVERT

USE: To confuse blocking patterns

LINEMEN: All

POSITIONS: Same as Shade Positions

STANCE: Same as Shade Stance

KEY: Primary blocker - with some combinations

FOCAL PT.: None

DESCRIPTION: On snap, lineman steps to opposite shoulder position, if primary blocker.

CHARGE: LOOP

USE: Change-up - anti-down block charge - change of assignments - confuse blocking patterns.

LINEMEN: Defensive Ends & Tackles

POSITIONS: Normal

STANCE: Normal

FOCAL PT. (Penetration): Charge Pt. (outside shoulder of next blocker - Flow)

DESCRIPTION: Avoid down block - Far shoulder technique in shedding blocker. At point, react.

CHARGE: SLAP

USE: Change-up - strongside charge - force guard's block.

LINEMEN: Nose

POSITIONS: 0

STANCE: 4 pt. square

KEY (Read): Center - guard progression

FOCAL PT. (Penetration): None

DESCRIPTION: Low, square to L.O.S. - Near foot-far shoulder technique mostly. G.P.: Cross over step, hand or forearm shiver on C or G used for penetration.

CHARGE: WALLOP

USE: Same as Slap but opposite direction (Weakside)
LINEMEN: Nose
POSITION: 0
STANCE: 4 pt. square
KEY (Read): Same as Slap
FOCAL PT. (Penetration): None
DESCRIPTION: Same as Slap

CHARGE: RAM RUSH

USE: To reduce QB's running angle in passing situations vs. possible Draws.
LINEMEN: Nose - Tackles.
POSITION: 0
STANCE: 4 pt. square
KEY (Read): Center
FOCAL PT. (Penetration):
DESCRIPTION: Staying head up on QB and collapsing blockers with hand shiver movements to reduce Nose - QB distance.

PASS RUSH CHARGES OF DEFENSIVE LINEMEN

CHARGE: X (Tackle)

USE: Used by Tackle when stunting to confuse pass pro. Change up to free one rusher or both.

LINEMEN: Tackle

POSITIONS: 0 - 1 - 3

STANCE: Best to execute charge - no tipping

KEY (Read): Primary

FOCAL PT. (Penetration): Pick Point - Wedge Point

DESCRIPTION: Explode on the snap. Use slip technique on guard and attempt to wedge the offensive tackle. Vs. zone grab guard and take him with you - you go first, end second.

CHARGE: X Change (Tackle) delay G.P.

USE: Same as X.

LINEMEN: Tackle

POSITIONS: Same as X

STANCE: Same as X

KEY (Read): Primary

FOCAL PT. (Penetration): None

DESCRIPTION: Sell the Guard. Butt, fake inside Rip, whatever it takes to keep guard on L.O.S. Create vertical separation between OG and OT. Watch or time ends hook move. Loop to cage.

PASS RUSH CHARGES OF DEFENSIVE LINEMEN

CHARGE: ISAACS

USE: Used by two defensive tackles when stunting to confuse pass protection. A change up - to free one tackle or both.

LINEMEN: Tackles

POSITIONS: 0 - 1 - 3 - 2 - 4

STANCE: Best to execute charge - no tipping

KEY (Read): None

FOCAL PT. (Penetration): Crashing tackle going first: G-C gap second tackle: crashing tackle's heels.

DESCRIPTION: Crasher must penetrate G-C gap, wedge C's shoulder. G.P.: may use grab on guard or center. Second tackle must sell guard, then loop and use far guard's shoulder as focal point. Wedge that shoulder to counter his release to you.

TACKLING

I IN LINE

A. After defeating blocks or blocking combinations:

1. Head up

- (a) head up; bull neck
- (b) back straight to bowed
- (c) knees bent
- (d) face in numbers
- (e) drive through
- (f) arm circling

2. From side

- (a) head in front, slightly below numbers
- (b) off shoulder below runner's elbow
- (c) keep legs driving
- (d) arms circling

3. From blockers breakdown

- (a) as much body in front of runner as possible
- (b) keep working legs for better leverage
- (c) working for arm encirclement
- (d) if grab is all you can get, continue to work for arm encirclement and better leverage

COACHING POINT: Keep runner from falling forward.

II OPEN FIELD

1. Head up

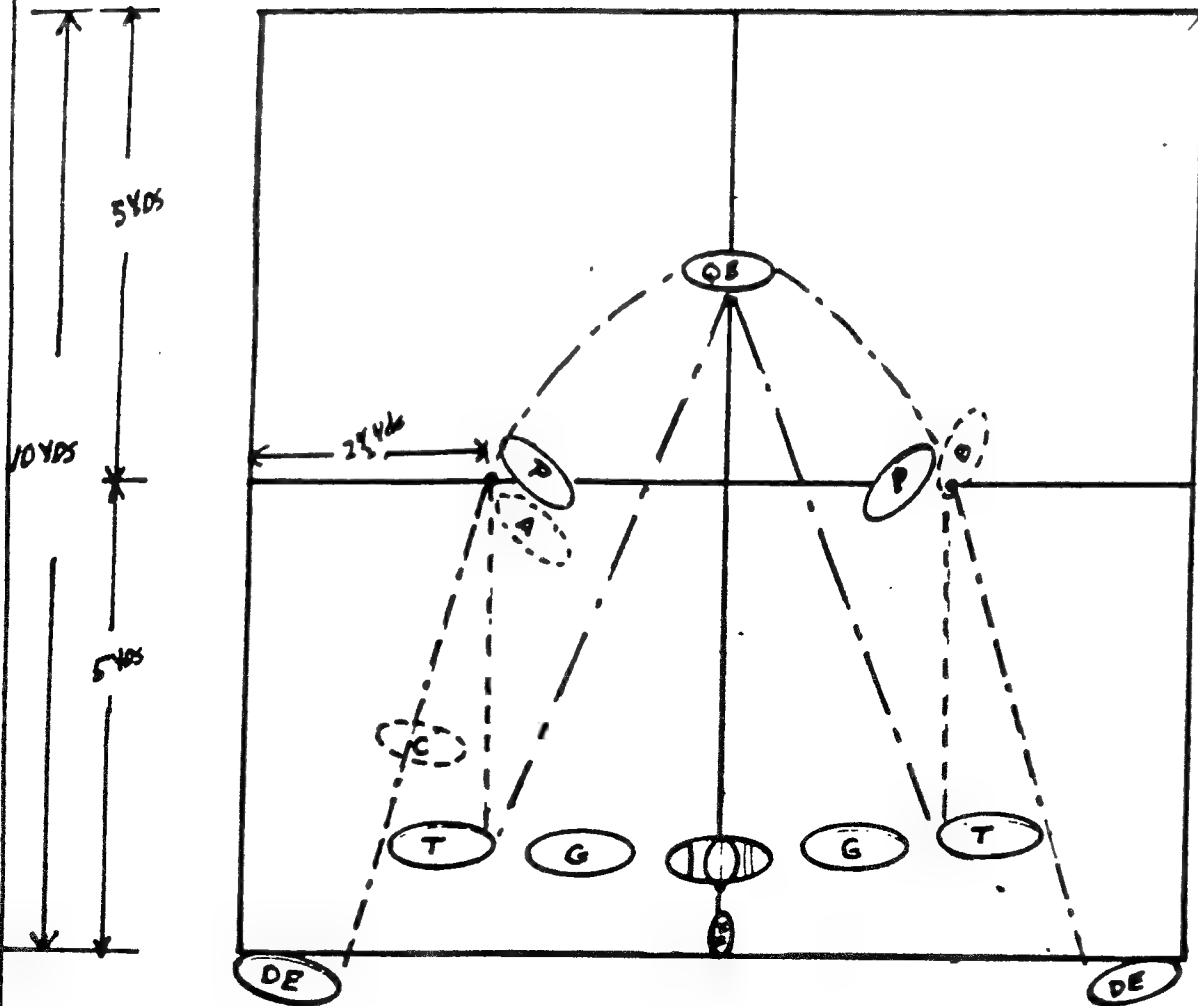
- (a) balanced position
- (b) squared up on runner
- (c) face in runner's number
- (d) drive through
- (e) arm circling

2. From side

- (a) head in front, slightly below numbers -- butt ball
- (b) off shoulder below runner's elbow
- (c) arm circling
- (d) don't leave feet

COACHING POINT: Favor outside so that if you should miss tackle, runner would be forced to run back inside toward pursuit

PASS RUSH LANES (JONES BELL COPY RIGHT 1967)
WITH QB DROP OF APPROX. 7 YDS.



Race Point (Focus Point) is pt. that is approx. 5 yds deep and 2½ yds in (behind offensive tackle's inside foot. D.E. should line up with inside shoulder enough outside of O.T.'s shoulder so that if tackle wouldn't move the D.E.'s path wouldn't touch tackle on path to focus point. Alignment now o.k. Stance should be staggered, down hand & front foot close to being even. This allows for good step off. At the snap the end should explode out with intent of beating blocker to R.P. Use of arms will be discussed later. The P represents blocker in perfect position. C blocker out and in end's lane. A represents blocker behind end at R.P. B represents tackle ahead at R.P. B represents tackle ahead at R.P.

PASS RUSHING MOVES FOR TACKLES & NOSE TACKLE

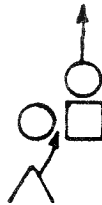
There are three basic types of techniques used by T's to make moves.

1. Finesse Type Techniques
2. Speed-Power Type Techniques
3. Counter Type Techniques

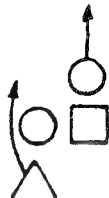
Hopefully, all three affect balance problems to the blocker. The finesse technique results in a horizontal (to the line of scrimmage) balance problem. The effect of the S-P type is a vertical (to the line of scrimmage) problem. The speed-power technique causes a backward vertical problem. The counter technique affect both vertical and horizontal problems. The finesse, S-P and counters are similiar in that the blocker must change body momentum in order to make the block.

There are two types of moves which are used by tackles. The moves indicate direction.

1. Hook (Inside Moves)
- 2.



2. Slip (Outside Moves)



We include only one move directly over the blocker. On rare occasions this may happen as a result of a nutcracker or cut block, but generally a side will be taken as soon as the blocker is off balance.

The approach is the footwork required to get the rushman from his side of the L.O.S. to the point of contact with the blocker.

A false move - this is used to get the opponent to create his own momentum in an opposite direction to your subsequent attack point. Quickness in total body movement is essential in capitalizing on the blocker's off balance situation.

The move itself creates or assists the blocker's movement away from the defensive man's point of attack. It also may eliminate momentarily the blocker's ability to change his original direction.

The footwork is used to move you past the blocker. It is essential that the footwork be coordinated simultaneously with the move. Remember that often the right leg and right arm work together and the left leg and the left arm work together.

Many times the reason for the failure of a move is due to lack of good footwork. For Example, in using a shoulder hook, as your hand hits your opponent's shoulder, inside foot should be landing outside of your opponent's inside foot.

The shoot is the method by which the rush man gets his shoulder past the blocker.

The check is used to prevent the blocker from again situating himself in a blocking position.

The following are styles of Hook and Slip moves:

TECHNIQUES (SLIPS & HOOKS)

- | | |
|------------------------------------|----------------------------------|
| 1. Rip | 7. Arm Blocks (Various) Rip-Swim |
| 2. Cross Rip (Double Rip) | 8. Inside or Outside Spin |
| 3. Shoulder Slap, Rip-Swim | 9. Arm Grabs |
| 4. Power Rush - Knockoff, Rip-Swim | 10. Slice |
| 5. Shoulder Slap Rip - Swim | 11. Bar |
| 6. Shoulder Grab - Rip or Swim | 12. Shoulder Throw |

There are false moves that get the blocker to move:

1. False Step
2. Head Fake
3. Fake Rip
4. Fake Shoulder Slap (Double Slap)
5. Power Rush
6. Alignment

The foot moves are:

1. Cross Over
2. Fake Foot Step
3. Slide
4. Hop
5. Shuffle
6. Hook (Outside Foot)
7. Spin

The shoot methods are: (Called Swim and Rip)

1. Over Shoot (Swim)
2. Under Shoot (Rip)

Three types of Checks are:

1. Elbow
2. Shoulder dip
3. Hold Off

- a) 1 Arm
- b) 2 Arms

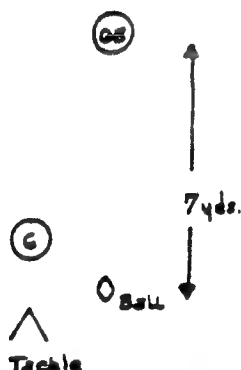
A. Pass Rush Responsibilities for Defensive Tackle

1. Get rid of blocker quickly (Don't wrestle with blocker)
2. Stay in line - Best protection vs
 - a) QB Keep
 - b) Draw
3. Get penetration (be alert for screen action)
 - a) Force QB back, allowing end better shot
 - b) Hurry his pass
4. Get hands up, but don't jump (don't if he's not facing you)
 - a) Obscure view of QB
 - b) Knock pass down
5. Strip tackle quarterback

B. Screen Responsibilities for Defensive Tackle

1. Come off rush
2. Find eligible receiver
3. Pursue receiver and form triangle with backer and receiver
4. Make tackle

PASS RUSHING DRILLS FOR TACKLES

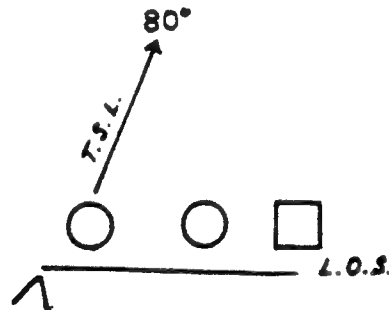


- 1st drill - Positions - T 2' from OG, OG 1 yard behind L.O.S. QB 7 yards from ball action. T will practice grab and step (Hook and Slip) with no resistance from OG. Then as T progresses he will be given "token" resistance from OG (attempt to knock T's arms from securing grab). OG should not move feet more than a few feet in attempting to simulate blocking. T after move, go to QB.
- 2nd drill - Positions - T on L.O.S., OG same as 1st drill, QB same as 1st drill. Center will now move ball to simulate snap. Action on snap, T will make approach to OG. This approach should take him to position he had in the 1st drill. No resistance from OG initially with "token" resistance being added as approach and move improve.
- 3rd drill - Positions - Same as 2nd drill - Action - Drill will not be timed. Time will be from snap to touching of QB. During the first timed efforts, no resistance should be given by OG. As T improves "token" resistance should be added.
- 4th drill - Positions - T, QB positions the same - OG will now line upon L.O.S. and on snap will move to position in previous drills. T will attempt hook and slip moves or to power if OG fails to get set quick enough. Resistance should be progressive.

NOTES: With time and repetition, the sequences (the approach, the move, the footwork, the shoot, the check) should flow together and appear smooth and effortless. After feeling confident in one finesse move, a counter move should be learned next. In other words, if you have mastered a hook move, you should go next to a slip move. Repetitious practice of these skills on the field, coupled with the use of cybernetics off the field, will develop the adroitness and footwork necessary to use entire rush effectively.

PASS RUSHING MOVES FOR ENDS

The techniques used by ENDS are basically the same as those used by defensive tackles. The difference is in the use of the words horizontal and vertical in describing the differences between moves. Horizontal and vertical are used in relationship to the line of scrimmage in the T's explanation. But horizontal and vertical relates to a different line in the E's explanation. This line is the tackle's set line. This line runs from the line of scrimmage and the tackle's outside shoulder for about 10 yards at approximately an 80° angle to the line of scrimmage.



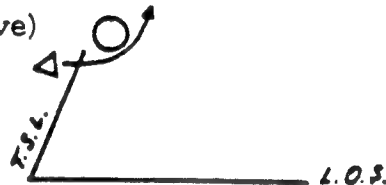
There are three basic types of techniques used by ENDS to make moves.

1. Finesse Type Techniques
2. Speed-Power Type Techniques
3. Combination Type Techniques

Hopefully, all three affect balance problems to the blocker. The finesse technique results in a horizontal (to the tackle's set line) balance problem. The effect of the other two is a vertical (to the tackle's set line) problem. The speed-power technique causes a backward vertical problem. The combination techniques affect a forward vertical problem. The finesse and combination are similar in that the blocker must change body momentum in order to make the block.

There are two types of moves which are used by ENDS. The moves indicate direction.

1. Hook (Inside Move)



2. Slip (Outside Move)



The Approach is initiated with the racing start from the 5 position. The stagger of the feet will vary but the front foot and down hand should be on a close plane. This will enable a good efficient step (one that gains ground). Offensive movement (a blocker or ball) will trigger the rushman's take-off. The body lean with the outside arm and trailing inside arm is the working position for pass rushing defensive ends. This use of the arms will tilt the shoulder slightly on the second step. Think of the outside arm as a probing irritant-much as a leading jab of a boxer-it will telegraph to the trailing arm the proper action. The reaching arm telegraphs the opportunity for a counter move by the trailing arm. The telegraph will say the reach has hit or grabbed the shoulder or arm of the blocker. Close enough now for the trailing arm to rip or swim or it will say the reach is short and it is possible for the hook move. It may say the outside blocker's arm is up and a rip underneath is possible. It may say the blocker's chest is open to power or holdoff by the trailing arm. The leading arm can parry a slow outside blocker's arm or at least locate it for a slicing move by the trailing arm (like Seattle's green). The key of arm use is the legs -they never stop moving upfield or counter to blocker.

To summarize this, there are several reasons for the Reach. The first is to secure a grab (still possible occasionally) or a slap. Second, to force the blocker to knock off the grab resulting in several opportunities to the rusher:

- (a) cause the blocker to raise his arm or arms,
- (b) cause the blocker to change his blocking pattern and rhythm - resulting in foot problems,
- (c) cause the blocker to focus his pop in the lead hand and bare the inside shoulder.

The move is a follow up of the above opportunities.

- (a) If you secure a grab, swim or rip with the trailing inside arm following a jerk with the reaching outside arm. Remember, the inside arm and inside foot work simultaneously.
- (b) If you can get a push slap on his outside shoulder causing a break in the moving plane of his shoulder, follow with a swim or rip also.
- (c) If you caused him to raise his arm or arms to knock off your reach, follow quickly with a rip.
- (d) If he's stopped his feet for an over extended push, follow with a rip. If he's crossed his feet and is turned and/or ahead of you, stop and hook on him.
- (e) If he's popped you on your reaching outside arm leaving his inside shoulder bare, hook grab him.
- (f) If he is not protecting his numbers and you can hit his sternum area (numbers) with your inside hand, do so and lock that arm and hold the blocker off as you progress. Use the outside arm to knock or work off his outside arm while you continue to progress to QB. If he fails to move his feet, hold off, and work your feet around toward the QB. If he is driven off balance by the holdoff, you can possibly hook him.

- (g) If your blocker holds his arms out and is slow to regroup, knock his arms off and shoot your inside shoulder past him with a rip or swim move.

Trailing arm's movement is triggered by the reaching arm's success or failure. It may follow with a rip, swim, grab hook or a slap hook. It will be used as a counter.

A False Move may also be used as a change of pace. This causes a change in the blocking pattern or rhythm of the blocker. Having seen a similar move by the Defensive End, he may move to a pattern reflex that will cause momentum problems in countering your subsequent move in an opposite direction.

The Check is used to prevent the blocker from again positioning himself between you and the Quarterback.

The following are styles of hook and slip moves. Although the techniques bear the same names as those the tackles use, they, because of approach angle and body angles, will be somewhat different.

TECHNIQUES (SLIPS - HOOKS)

1. Race with Rip
2. Shoulder Slap with Rip - Swim
3. Power Rush
4. Power Rush with Knockoff, Rip - Swim
5. Hold off run around
6. Hold off - Knock off - Rip - Swim
7. Arm Blocks - Rip - Swim
8. Halo Spinner
9. Bar (Hook)
10. Shoulder Throw (Hook)

These are false moves that get the blocker to move:

1. Outside Race
2. Head Fake
3. Inside Feint
4. Alignment
5. Weave Approach
6. Spin
7. Freeze Approach

The foot moves are:

1. Race
2. Race Cut (Hook)
3. Spin
4. False Step
5. Shuffle

The shoots are:

1. (Swim)
2. (Rip)

Three types of Checks are:

1. Elbow
2. Shoulder Dip
3. Hold Off

- a) 1 Arm
- b) 2 Arms

A. Pass Rush Responsibilities for both Strongside and Weakside ends

1. Contain Quarterback and stay in lane
2. Get penetration

- a) Force QB up allowing tackles better shot
- b) Hurry QB's pass

3. Get hands up (when QB is facing you)

- a) Obscure view of QB
- b) Knock down pass

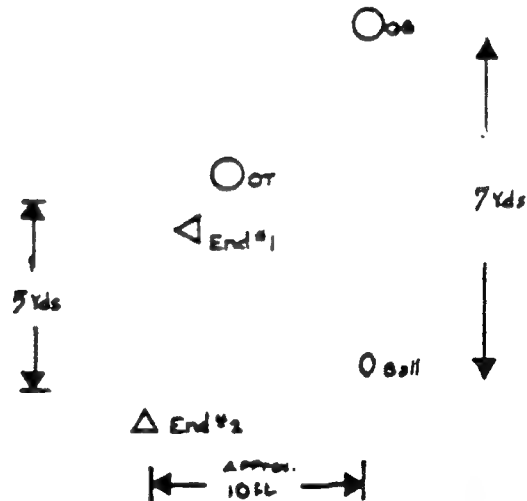
4. Strip tackle quarterback

B. Screen Responsibilities - None

- 1. Continue pressure
- 2. Come off when ball is thrown and pursue

C. Draw Responsibilities - Fold back technique

PASS RUSHING DRILLS FOR ENDS



- 1st drill - Positions - E (#1) 2' from OT - OT 2 yards in front of QB and 6 yards outside - QB 7 yards back from ball. Action E will practice grab and step (Hook and Slip) with no resistance from OT. Then as E progresses he will then be given "token" resistance by OT (attempt to knock E's arms from securing grab). E's left foot (outside foot) should be planted on initial move. OT should not move feet more than a few feet in attempting to simulate blocking. After move, go to QB.
- 2nd drill - Positions - E (#2) on L.O.S. - OT same as 1st drill - QB same as 1st drill. Center will now move ball to simulate snap. Action on snap, E (#2) will make approach to OT. This approach should take him to position he had in the 1st drill. No resistance from OT initially with "token" resistance being added as approach and move improve.
- 3rd drill - Positions - Same as 2nd drill Action Drill will now be timed. Time will be from snap to touching of QB. During the first timed efforts, no resistance should be given by OT. As the E improves, "token" resistance should be added.
- 4th drill - Positions - E, QB positions the same. OT will now line up on L.O.S. and on snap will move to position in previous drills. E will attempt to beat OT to this position (Slip Move). After several of these runs the counter move should be added (Hook Move). Resistance should be progressive.

NOTES: With time and repetition, the sequences should flow together and appear smooth and effortless. After feeling confident in one finesse move or combination move, a counter move should be learned next. In other words, if you have mastered a hook move, you should go next to a slip move. A repetitious practice of these skills on the field, coupled with the use of cybernetics off the field, will develop the adroitness and footwork necessary to use the moves effectively.

NOTES ON PASS RUSH

PRE-SNAP (IN GAME)

1. a) Mentally see the sack.
- b) Mentally review your approach. Picture what you are going to do when ball is snapped. This will greatly aid your quickness.
- c) As you assume your stance, activate force field and let go! Don't think - react! (Thinking is what gets you blocked.) Let it happen. Don't make it happen!

ON-SNAP (IN PRACTICE)

2. Explode on Snap! Ends take upfield step. Gain ground on each step. Keep good body angle until you make contact with blocker.
3. Get Hand Control or hand attention of blocker as soon as possible.
4. Keep Feet Moving! Don't lunge.
5. Stay in Lane! May be tip off for draw - Keep pressure on QB balanced.
 - a) Ends force QB up - tackles force QB back
 - b) Don't allow QB to step up or roll out
6. You have no more than 3 seconds! You don't have time for 3 or 4 moves.
7. Be Undaunted! by a missed grab, slap or move. Be ready with a counter, keep working, get penetration.
8. Use his technique against him!
 - a) If blocker is giving ground, use power moves.
 - b) If blocker is meeting you on line - use finesse moves.
 - c) Take advantage of any opportunity he gives you.

REMEMBER: Your opponent will reveal his weakness in his movement; get him in move.

A GREAT DEFENSIVE LINEMAN'S ABILITIES (SKILLS)
FROM A SURVEY OF COACHES OF ALL-PRO LINEMEN.

- A. QUICKNESS (Can hit speed bag for 15 seconds double hitting with each hand and no misses - Jump rope demonstrating 3 cross overs and 1 double in 60 seconds) - Dot Drill - Fast Ropes. (Jingle Jangle 4.34 to 4.5) Shuttle run (12.19 to 12.60)

The coordinated ability to move feet, arms and rapidly.

1. Quick feet
 - a. Shed blockers, slip blocks
 - b. Skim the garbage
 - c. Wrap up
2. Quick delivery of blow
 - a. Work with air
 - b. Shed blocks
 - c. Hold point
 - d. Combinations
3. Can demonstrate burst
4. Can make quick C.O.D.
 - a. From any position
 - b. Change direction with eye contact

- B. AGILITY GRASS, DUMMY, DRILLS (Skip 4 Bag Drill 9 to 10 seconds)

The combination of quickness and fluidity of movement a player has that enables him to be superior in maneuverability.

1. Demonstrates ability to fluidly change direction or position with eye contact.
2. Demonstrates proficiently at slipping, shedding to support.
3. Move horizontally skimming garbage.
4. Ability to coordinate arms and legs simultaneously in order to propel the body.
 - a. Pursuit to support
 - b. Pass rush

- C. BALANCE SPIN DRILLS - BAG DRILLS - LINE DRILLS
(4 Corner drill 8.20 to 8.40)

The ability of a player to retain his body control in the execution of various fundamentals of football and his ability to regain his body control temporarily lost. Terms closely associated with balance are equilibrium, stability and kinesthetic sense.

1. Execute a Shed after a blocker's pop.
2. A pinch move during a cutoff attempt.
3. Demonstrate balance during wrap up.

D. STRENGTH CYBEX: FORCE/KG BODYWEIGHT (120-130)

(Can Bench Press (Max 1) (350 to 550 lbs)
 (Dumbbells (Max 5) (140 to 155 lbs)
 (Can Squat (Max 1) (500 to 600 lbs)
 (Power Clean (Max 1) (130 lb dumbbells to 145 lb dumbbells)
 (Dumbbells Clean 105's to 130's ten times)

The total body strength that enables a lineman to carry out his assignments and to destroy the effectiveness of an opponent.

1. Work with air.
2. Shed block to tackle and pursue to support
3. Defeat combination and hold point.
4. Hook or slip blocker to pass rush.
5. Has joint strength to withstand forces that might have injured the normal unconditioned joint.
 (Muscles support up to 80% of the strength of some joints.) (Keep well.)
6. Bones become stronger with weight bearing, as well as tendons and ligaments. (Keep well.)
7. Have efficient strength. This means he has enough lean muscle mass to do the job and yet not be restrictive in movement and endurance.
8. Strengthened muscles and maintained normal flexibility.

E. EXPLOSIVENESS (POWER)

(3 consecutive jumps 9½ yards to 15" beyond)
 (Can horizontal jump 9'06" (ENDS), 9'0"+ (TACKLES)
 (Can vertical jump 27" to 33") (TACKLES -1" less)
 (Run 10 in 1:70-1:80) (Run 20 in 2:90-2:80) (Tackles .05 slower)
 (Chest pass 6 lb medicine ball 33' - 9 lb medicine ball 25')

CYBEX: FORCE/KG/BODYWEIGHT (227-259)

The power to generate the quick, uncoiling or recoiling surge of a player from either a stationary or moving position. Strength, speed and anaerobic endurance are parts of power.

1. A great lineman has the ability to burst, work with air and shed a blocker efficiently without the wasted effort of "strength-muscling".
2. He has the ability to explode through a ball carrier, so that the runner absorbs the impact and not him.

F. REACTION TIME MIRROR DRILLS - BLOCKBUSTER REACTION SLED(Pop Recoil Drill
A superior quality of instant action to any movement of an opponent. 1:10-1:15)
1. They have the ability to pop and recoil.

2. Their reaction to a read is instantaneous.

G. ABILITY TO COMPENSATE FILM STUDY, GAME PLAN STUDY
Not all great linemen are blessed with all the abilities to the degree needed to be great. They therefore learn to compensate and accentuate their other abilities that normally would be adequate.

Example: By study and practice become so efficient in movement that a step, a tenth of a second or a hundredth of a second may be eliminated so that a lack of speed may be compensated for.

H. SIZE POTENTIAL (Average weight for great defensive linemen - 278 lbs and 15% fat) (Fat Test) Good nutrition and hard work.
Anthrometric Measurements Handspan of 10" or better, wrist of 7 5/8" or better - separation distance 25". Arm length 33½".

Size potential is a lineman's maximum lean muscle mass with the following considerations. The defensive opponent with considerable impact and then be able to move away quickly to the point of action. This would seem to dictate that the successful defensive lineman must have a high lean body weight, but a low body fat content to facilitate quick movement patterns. The secret is to find the lean, muscular weight that enables you to maintain strength, power quickness, etc.

1. Another recommendation for leanness would be this excerpt from Van Hollaway's Thesis: "It would seem that the higher percent body fat an individual player has, the greater the chance of losing some participation time due to injury."
"There is a significant increase in 20 yd. dash time with an increase in percent body fat."

I. DURABILITY (Keeping well) Offseason, pre-season, and in-season training program. Good living habits.

Degree of mental and physical toughness to withstand full game and season participation under full speed conditions.

1. Last season's great linemen came to camp in great shape and, partly due to this, they managed to stay relatively free of injury.
2. When injured, they managed to recover quickly.
3. While injured to some degree their efficiency did not drop.
4. Were seldom, if ever, bothered by colds, sore throats.

J. SPEED FOR POSITION DE's should run 20 yds between 2.10-2.15 with a flying start.
DL's should run 5.09 in 40 or better.
Pre-Season and In-season running program.
These are the highest standards for each position.

K. INTELLIGENCE (Game Plan study, film study, concentration during meetings and practice)
They (All-Pros) have the ability to acquire and retain knowledge.

1. If they don't learn quickly, they compensate by working longer.
2. They can carry out their assignments under game conditions.
3. Can make week to week adjustments to fit into game plan changes.
 - a. Changes in blitzes.
 - b. Because of formation tendencies, change charge from Ram to Pinch.

L. CHARACTER (BE A PRO)
An individual's pattern of behavior or personality - moral constitution.

1. They are good representatives of the team off and on the field.
2. They are proud of their profession and, by their actions on and off the field, they are promoting and perpetuating the sport.
3. They consider themselves a strong link in the strength of the team.
4. They are loyal, unselfish and cooperative.
5. They are self-motivated to improve their abilities.
6. They have all set high goals for themselves and their team.

M. AEROBIC & ANAEROBIC FITNESS (Mile and a half in 12 min. March to May)
(10 X 40's at 92% May to July)

Interval work (periods of high-intensity exercise interspersed with rest or low-intensity exercise).

Off-season, pre-season, and in-season running program.

1. They go the route. (4th Quarter Players)
2. An ability to extend themselves far beyond the capabilities of the average player. They have reserves to find the renewed strength to go on.

N. AGGRESSIVENESS Have the willingness to hit - bold and energetic pursuit of goals.

1. One way or another, they get to the ball.
2. Enjoy sacking a quarterback.
3. Love hitting a runner for a loss.
4. They are the hammers not the anvils.

- O. LEADERSHIP A combination of mental, physical and social qualities in football - ability to inspire and lead others to perform more effectively.
1. They lead by action and not by talking.
 2. They have the poise and confidence to calm down their teammates under adverse conditions.
 3. Their teammates have the utmost confidence in their ability to perform in a "clutch" situation.
- P. PRIDE A burning desire to be the best in the business. Willing to pay the price in hard work and sacrifice and not satisfied unless he does his best. Realizes that recognition and appreciation will eventually follow.
- "They fight hardest when the going gets the roughest."
"They work extra to perfect their weakness."
(VINCE LOMBARDI)
- Q. INTENSITY Great energy or force of emotion, thought or activity.
- They are eager and persistent in their attack. They carry out assignments with a deep, concentrated effort. They have the relentless hunger and emotional drive a player has when engaged in competition. Instinctive urge of dominance.
- R. ENJOYMENT "Great players love to play. You pay them to practice."
(GEORGE S. HALAS)
- "Excellence is positive emotions - a sense of Joy and being alive."
(C.W. METCALF)
- "Fun should dominate your experience. The more you enjoy what you're doing the better your performance will be."
(JIM LOEHR)
- S. INTUITION To possess the oneness of opportunity and action.
- How does one decide the right pass rush?
Ans.: There is no choosing - it happens unconsciously, automatically, naturally. Let go. Let it happen; Let 'er loose! (Don't suffer "Paralysis of Analysis")
- T. VOLITION Your will to succeed ("I will do it")
- Direction: Set small attainable goals - have a sense of mission.
- Have a purpose in life, and having it throw "such strength of mind and muscle into your work as God has given you."
(CARLYLE)
- U. POISE "Ability to step outside yourself."
- To stay in a calm, focused state. "If fear builds up, your energy gives out."
(JIM LOEHR)

V. RESPONSIBILITY Success is not accidental! Peak performers distinguish themselves from those who merely do well, first and foremost by assuming active responsibility for their success. As a peak performer, you will know that your triumphs come about not because luck favors you, but because of the active responsibility you have taken. (CHAS. A. GARFIELD)

W. TENACITY Excellence is having a goal, an appropriate plan and tenacity.
(MARILYN VAN DERBUR)

X. STRONG CONVICTIONS

"If you don't stand for anything, you'll fall for anything."

Players who have succeeded in the Pro's, when interviewed while still in college:

1. Gave the most specific answers to questions.
2. Were goal setters.
3. Had deep faith (Religion - family - friends - coaches - teachers)
4. Had very specific ideas (How-to's of training - practice - nutrition, etc.)
5. Generally optimistic of future.

Y. VISUALIZERS

There's no question that our top performers are outstanding visualizers. All kinds of studies support this, including one by the U.S. Olympic Committee. By rehearsing the event, the nervous system and brain learn it well. After hearing the defense in the huddle, *execute the charge, and read the tree of blocks. (*mentally)

Z. MENTAL TOUGHNESS

"Is the ability to muster all your talent, drive and luck in the high-pressure arena-of competition. It's the ability to shut out stress, negative thoughts, doubts and fears - in short, to concentrate on the game at hand." (JIM LOEHR - MENTALLY TOUGH)

"It is also used by players to accept constructive criticism and to ignore negative criticism." With concentrated focus.

DEFENSIVE LINE TERMS

<u>WIPE OFF:</u>	What occurs when pinching end knocks off center on nose tackle.
<u>KEY:</u>	Reaction to primary or blocking combinations.
<u>SHED CONTROL:</u>	Shedding blocker using proper technique.
<u>SQUEEZE:</u>	Meet blocker with near shoulder and reduce inside hole.
<u>STUFF:</u>	Meet blocker with far shoulder and filling inside hole.
<u>OFFSET: (Shade)</u>	Used to describe a defensive lineman lining up on a blocker's shoulder; "On" refers to the strong side, "Off" refers to the weak side.
<u>SLAP-WALLOP:</u>	Slap: Nose Steps Strong Wallop: Nose Steps Weak.
<u>GAP END:</u>	Used to describe a defensive end lining up in a gap that he would normally be charging to from his original position (Pos. by G.P.)
<u>LION END:</u>	Weak Defensive End lined up in 7 Pos.
<u>OVER TACKLE:</u>	Strong Tackle on over front or whenever nose is over strong guard on 30 front.
<u>UNDER TACKLE:</u>	Weak Tackle on Under Front, or whenever nose is over Weak Guard on 30 Front.
<u>PRIMARY BLOCKER:</u> <u>(Focused Blkr)</u>	The man you are keying on whom you must read and defeat.
<u>SECONDARY BLOCKER:</u> <u>(Unfocused Blkr)</u>	Someone other than primary blocker, blocking on you.
<u>RETRACE:</u>	D.E. vs. draws, retraces to starting pos.

DEFENSIVE LINE TERMS USED TO DESCRIBE ESCAPING DOWN BLOCKS AND DOUBLE TEAMS:

- | | |
|---------------------------|---|
| A. <u>Slip:</u> | A defensive player getting far shoulder, arm and leg across offensive man, while pursuing laterally. |
| B. <u>Neutral Slip:</u> | Unlike a slip this technique does not escape the down block immediately, but it merely controls the down block. |
| C. <u>Hold the Point:</u> | Using proper technique enabling you to hold your point on the L.O.S. vs. one or more blockers. |
| D. <u>Runaround:</u> | Going around down blocker upfield after penetrating to get into chase. |

TECHNIQUES DEFENSIVE LINEMEN MUST KNOW AND MASTER

I STANCE & TAKEOFF

- A. He should be in a correct, connective alignment vertically and horizontally.
- B. Should be in an untipping, but effective stance.
- C. On the snap, or the movement of the offensive lineman, the takeoff should be instantaneous and efficacious.
- D. The positions should be known -- 0, 1, 3, 5, 7, 2, 4
(These are included later.)

II FOCUS (The visual and physical contact points)

- A. The visual point of focus allows for combination reads.
- B. The visual point of focus for penetrating charges (to keep from tipping charge, the point must only be seen peripherally and, at times, this point may be only mentally visualized).
- C. The physical contact point will be also peripherally seen.
- D. The physical contact will be met with a body momentum generated from the stance. There is a step or extension approach which adds impetus to the surge. It is important that this surge is not dissipated because of tangent body angles caused by poor step placement, poor body alignment or poor joint locking. The base where the final surge will terminate is the final foot placement. It helps to see the defensive man at this point as a skeletal body, propelled by the skeletal muscles into a "log battering ram". The final step and/or body extension is timed to meet a hopefully dissipating momentum with a quick superior momentum that, along with its superior leverage and locked alignment, will return the foreign momentum back with equal reaction. (Newton's 3rd law of Physics) All leverage contact points on the body of the blocker are determined by hole responsibility. Two hole responsibility will necessitate balanced leverage points. This leverage is used until the defender determines the runner's path. Adjusting leverage will hopefully result in turning the blocker away from the defender and allowing the defender to go for the ball carrier. (The Ram charge's three points are discussed in the description of charges listed separately, as are all other charges.)

If but one hole is required to be protected, a charge such as the half-Ram may be used. Now all the physical contact is focused on only one point of the blocker's body. Hopefully, the blocker's surge will be controlled by the uncertainty he may have on the defender's charge path. Your physical focus may turn, to some

extent, the blocker's body, allowing the defender to keep his outside arm and leg free to escape to defend his primary hole responsibility. (The half-Ram charge is described separately.)

III. THE READ (of Blocks and Block Combinations)

A. Positions which linemen must read from:

1. The nose, the over tackle, the strong side even end, the weak side even end, the bubble ends, the lion end, the stack end, the even tackles, the offset nose, gaped linemen,.

B. Blocks by primary blockers:

1. Drive, hook, cut, turn (scrape), wall-off, sustain, bucket wall, pass, and sprint whirl.

C. Blocks by secondary blockers (in combinations):

1. Back, down, trap, wham, bill, G, fan (out), log, peel, reach, sprint reach, cutoff, sprint cutoff, scoop strong.

D. Influences:

1. G.I., T.I., Bucket Release, G. Cross Influence, Draw Influence, Release, Collapse Block.

E. Block Combinations:

NOSE

Cog, Cog On - Cog off, Cog reach, Cog Fold, Cog X, Wham, T. Trap, TE Trap, Drive, Wing Trap, Collapse.

OVER TACKLE

Fan (Out), Tag, Tag on, Tag off, Tag Reach G, Reach, Trap, Drive.

EVEN STRONGSIDE END

Drive, Eat, Eat on, Eat off, Strong Fan, T Block, Reach, Sprint Reach, Strong Scoop, G. Block, Bill Block, Eat X.,

WEAKSIDE EVEN END

Drive, Reach, Sprint Reach, Bill Block, O Trap (T.I. or Release), Tag X, Tag Fan, Bastard Block.

EVEN TACKLES

Drive, Reach, Sprint Reach, Cutoff, Sprint Cutoff, Cog Tag, Tag on, Tag off, G.Fold, Fan (Out), Tag X, O Trap (with G.I. or Release), G. Block (with Wham or Down), Sucker Wham, O Fold, O with back block.

6. Stuff - Used versus traps with under handoffs. Far shoulder far leg. Used only when bounce out would mean bellying deep to avoid congestion of bodies.
7. Cutback - Responsibility of stack or lion end - position - parallel shoulders - vertical to runner, use arms to parry blocker or blockers - force the runner to force man - hold off upfield move by runner until leverage man and pursuit catches up. If runner breaks upfield shed blocker, balance up and make tackle.
8. Force - Used by outside lineman in containment of QB. Keep quarterback from flanking.

VII THE TACKLE (At point and in open) (techniques are listed separately)

VIII PASS RUSH (techniques are listed separately)

IX FACTOR (Rushman's ability to be a Terminator or a Determinator)

1. Determinator

- a. Force QB to throw incomplete or intercepted passes
- b. Force QB out of pocket
- c. Force QB to dump pass
- d. Force QB to ground ball
- e. Force fumbles
- f. Force incomplete laterals
- g. Force safeties
- h. Force additional blocks
- i. Force offensive player to be penalized
 - (1) To hold
 - (2) To be offsides
 - (3) Etc.

2. Terminator

- a. Make tackle
 - (1) For no gain
 - (2) For up to 3.5 yd. gain
 - (3) For over 3.5 yd. gain
- b. Make a sack
- c. Make an interception
- d. Make a pass deflection
- e. Make a lateral interception
- f. Make a fumble recovery
- g. Make a safety
- h. Block a kick

- i. Block a punt
- j. Steal a ball
- k. Harass the QB
- l. Score

SUMMARY: The lineman should think of himself as a connective, efficient line in the total defense.

NATIONAL SCOUTING COMBINE (INDIANAPOLIS 1987) ASTRO TURF FOR DEFENSIVE LINEMEN:

	<u>1987 HAND TIMED</u>	<u>1990 SEMI-AUTOMATIC</u>		<u>1987 AUTOMATIC</u>	<u>1992 SEMI-AUTOMATIC</u>
		<u>Ends</u>	<u>Tackles</u>		
Best 10 Yd Dash	1.61	1.60	1.65	1.80	1.72
Avg. 10 Yd Dash	1.70			1.94	1.80
Best 40 Yd Dash	4.66	4.80	4.90	4.90	4.86
Avg. 40 Yd Dash	4.97			5.21	5.0
Best Vertical Jump	32"	31"	30"		34'5"
Best Broad Jump	9'7"	10'6"	10'4"		9'11"
Best 20 Yd Shuttle	4.36	4.35	4.36	4.53	4.39

AUTOMATIC TIMER 1986 (INCLUDING REACTION TIME) GRASS

Best 5 Yd Dash	1.37
Best 10 Yd Dash	2.06
Avg. 5 Yd Dash	1.47
Avg. 10 Yd Dash	2.18

DRILLS

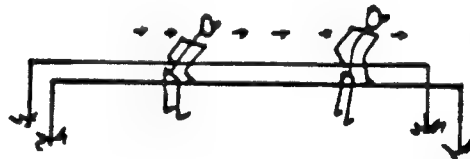
(1.) Horizontal Bar Drills:



(a) Pull Ups (with towels)



(b) Frog Kicks (with towels)



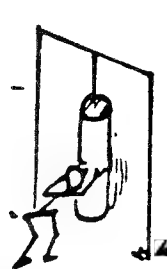
(2.) Parallel Bar Drills

(a) Bar Hopping
(5 Yds or more)



(b) Bar dips

(3.) Bertha Drills



(a) 2 Pt Pops



(b) 3 or 4 Pt Pops



(c) 2 x 2 Pops



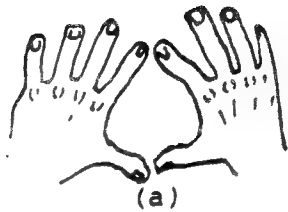
(d) Rapid Hands &
Feet Pops



(e) Throws



(4.) Reactor Drill - Slip Blocker thru the face.



(a)



(c)



(d)



(e)



(b)



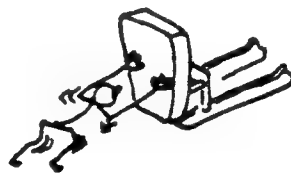
(b)



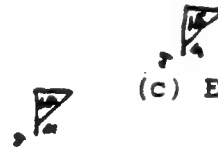
(b)

- (5) Push Ups: (a) Diamond (b) Around the World (c) Clapping (d) 4 Pt.
(e) Finger Tip

(6) Sled Drills



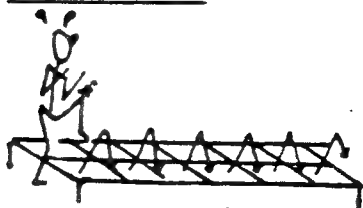
(a) Extension Drive, 5 Yards



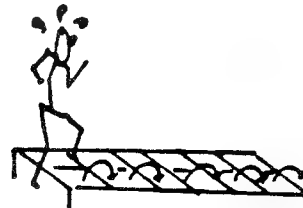
(b) Extension Drive, 10 Yards

(c) Extension Drive, 15 Yards

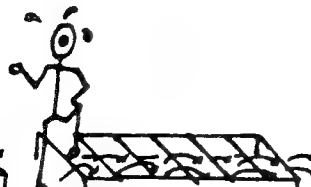
(7) Rope Drills



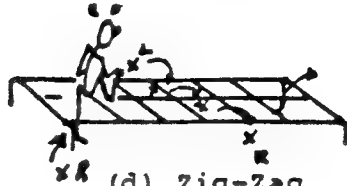
(a) High Pumpers



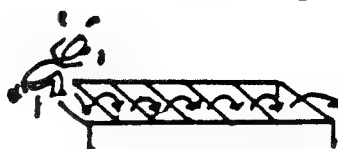
(b) Quick Pumpers



(c) Shuffle



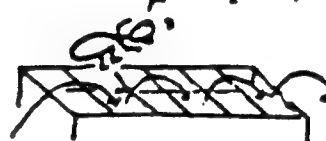
(d) Zig-Zag



(e) Bunny Hops (straight)

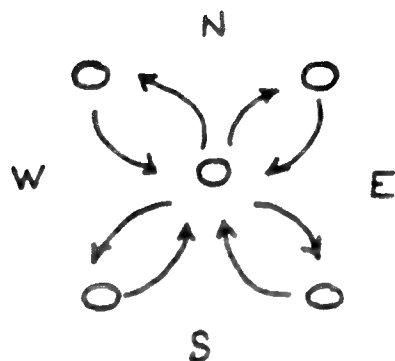
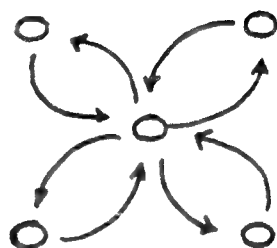


(f) Bunny Hop
(All Squares)



(g) Kangaroo Hops

(9) Dot Drill



(a) 2 Foot (clockwise and counter clockwise)

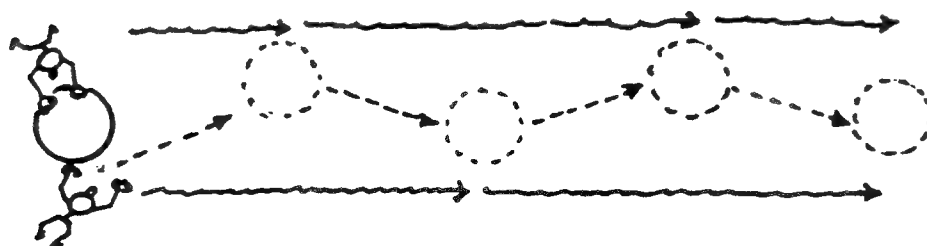
(b) RT. Foot (clockwise and counter clockwise)

(c) LT. Foot (clockwise and counter clockwise)

(d) 2 one 2 Drill (S to N)

(E to W), (N to S),

(W to E) and back.



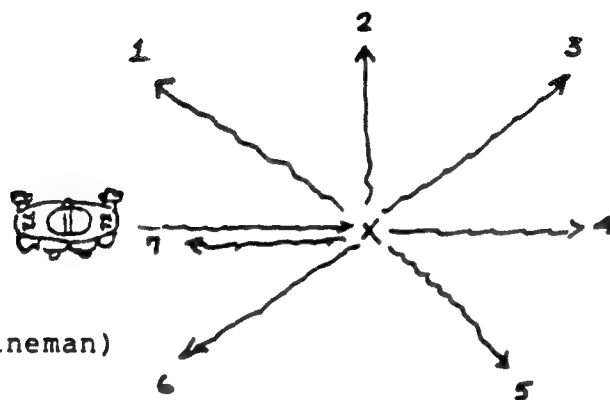
(10) Big Ball Drill (Shuffle and pop)



(11) Shake Drill (with offensive lineman)

Offensive Man Grab at Chest

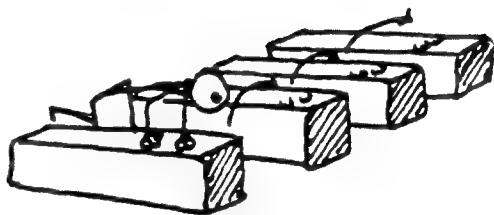
Defensive Man grab at shoulder.



(12) Star Burst Drill

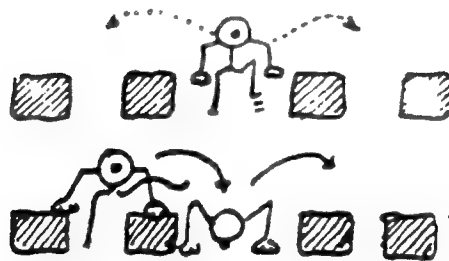
Shuffle 5 yds to point,
break to 45°, repeat to 90°,
repeat to 135°, etc., and
reverse shuffle and repeat.

(8) BAG DRILLS

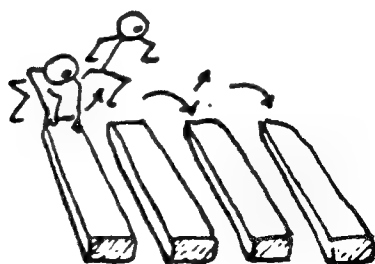


(a) Warm Up (Touch head of dummy)

(b) Hand Drill



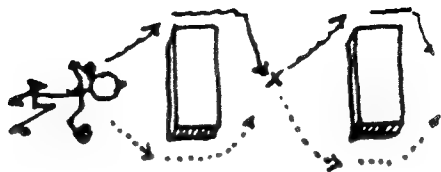
(c) Hand Drill (with grass drill)



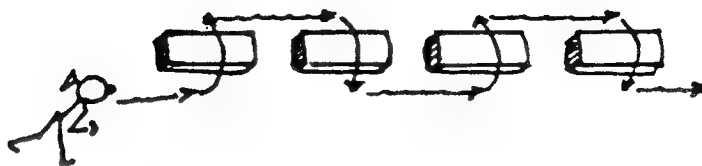
(d) Low Block Drill



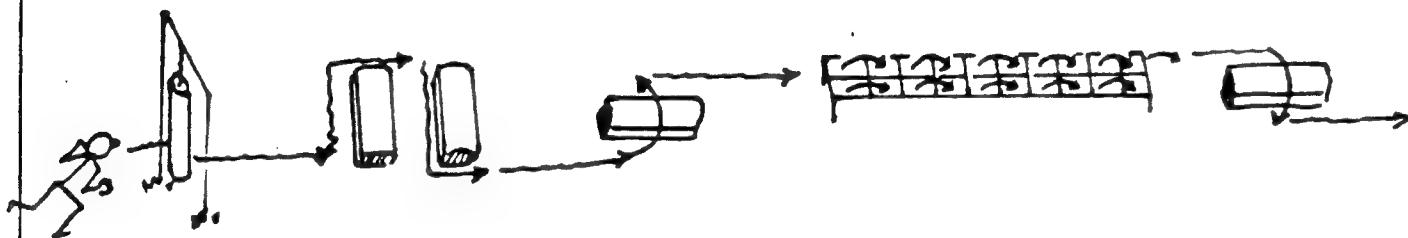
(e) Weave Drill



(f) Short Yardage Weave Drill

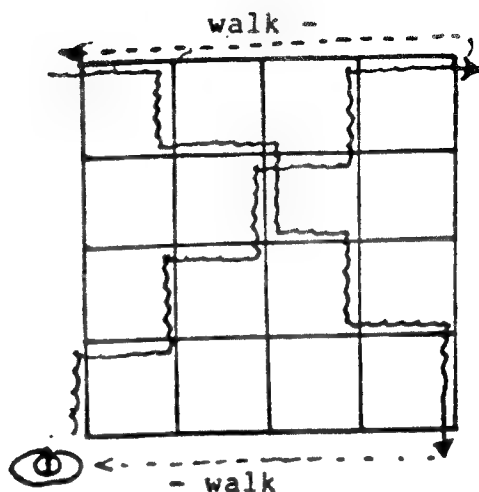


(g) Quick Feet Drill



(h) Obstacle Drill

TRANSITIONAL DRILLS



(13a) Up the Stairs Drill

- (a) Burst forward 5 yds, carrioca laterally 5 yds. Burst forward 5 yds, etc. Walk across top and repeat to opposite corner.
- (b) Burst forward 5 yds, shuffle laterally 5 yds, burst forward 5 yds, etc. Walk across the top and repeat to opposite corner.

(13b) Easy Drill (20 yard continuous movement, over and back)

- (1) Carrioca
- (2) Shuffle
- (3) Swivel Hips
- (4) Backward Run
- (5) High Pumpers
- (6) Long Striders
- (7) Fast Starts



(14) Swim and Rip Drill

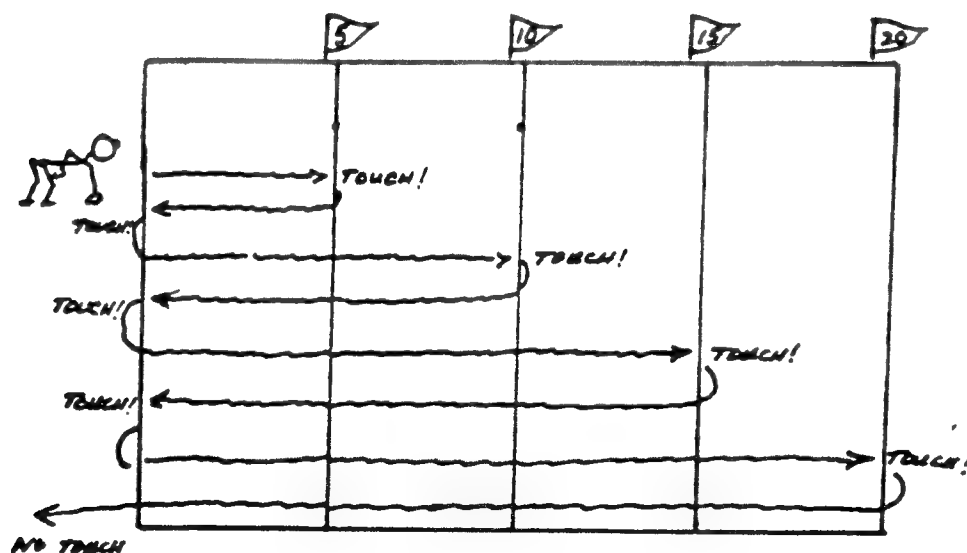


(15) Swim and Rip Drill with Obstacles



(23) "Burners" Drill (1) Start with "warmup" of a 5 yd run (walk back), a 10 yd run (walk back), a 15 yd run (walk back), a 20 yd run (walk back).

(2) A non stop "Jingle Jangle."

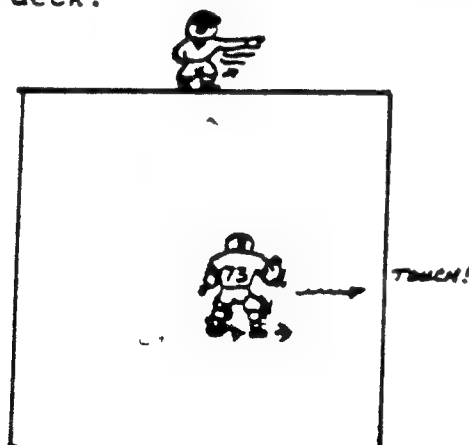


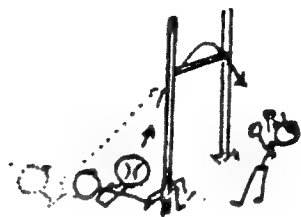
(3) Finally a "Fiver" (a five yd, 3 times non stop), Jingle Jangle

(24) Short Stop Drill (equipment: 3 balls, 3 bag (backstop). Coach rolling grounders, and player moving to retrieve, (each player retrieve 9 balls and rolls them to coaches area).



(25) Grass Drill - Coach points and player shuffles to line and touches near hand to line and returns to ready position in center of square. (Point to side and front line, and also signal to "hit the deck.")





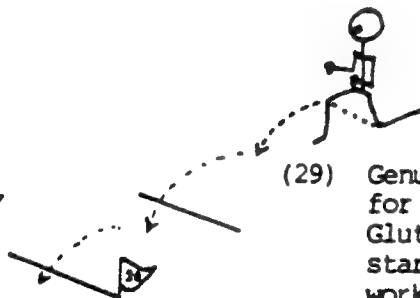
- (26) Medicine Ball Goals (Chest pass over Goal Post- if successful move back- Arm & Chest Power



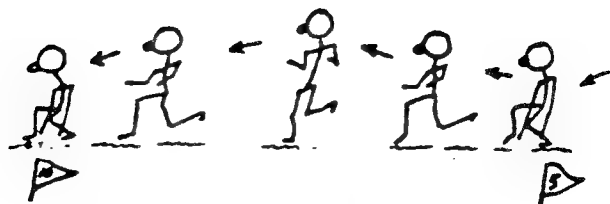
- (28) Hang Squats (with Dumb-Bells)
A safe drill for Quads (chiefly Vastus Medialis)



- (27) La Duces - A throwing and catching drill for the stomach muscles.



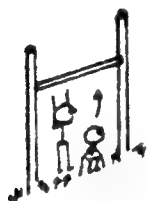
- (29) Genuflex Drill A safe drill for entire upper leg and Glutes. Plus good stretch start at 20 yards and 2 sets, work for 50 yards and 2 sets.



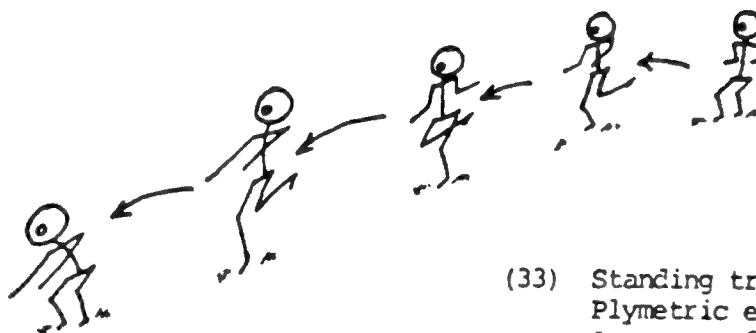
- (30) Start from F.B. stance, explode off L.O.S. pumping arms and running hard, at 5 yds bend knees and hips and touch line. Both hands outside the knees, try to maintain speed. (Go 20 yards touch @ 5, 10, 15 yds) Good Breakdown Drill.



- (31) Depth jumps from 16" to 22" Box, land and rebound back up to Box. A Plymetric exercise done 3 sets of 10 reps.



- (32) Squat Jumps
Squat to touch ground, explode to reach cross bar. 3 sets of 10 reps.

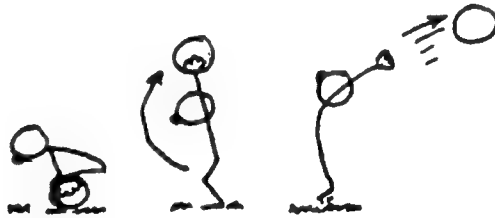


- (33) Standing triple jump a Plymetric exercise. 2 sets & reverse feet. (Start one with Rt. foot and one with Left).



(34) SHUFFLE CHEST PASS (Medicine Ball 15 lbs +)

Linemen shuffle down line for 20 yards - passing ball back and forth rapidly. When they reach 20 yards, they return, repeating the passing and shuffling.



(35) BACK PASS (Medicine Ball 15 lbs +)

From a spread leg position, the lineman drops allowing ball to go between legs. He then explodes and extends - throwing the ball high and for distance.



(36) ROTATION PASS (Medicine Ball 6 lbs +)

The lineman twists to the side and throws the ball with the rotation of his body for height and distance.



(37) MEDICINE BALL WRESTLING (15 lbs +)

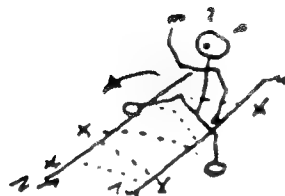
Both linemen grasp the ball - when ready, they attempt to wrestle the ball from their opponent.



ABDUCTORS



M.R. ABDUCTORS



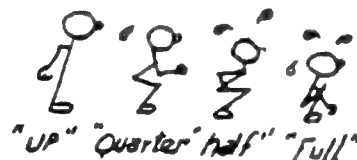
ABDUCTOR JUMPS



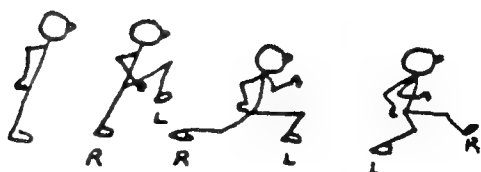
(SIDE) ABDUCTOR
STEP UPS



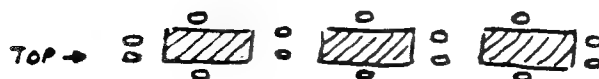
BOX JUMPING



4 PT. SQUATS



LUNGE STEPS



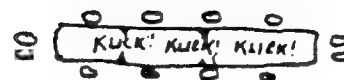
BUTT HOPS



LATERAL LUNGE STEPS



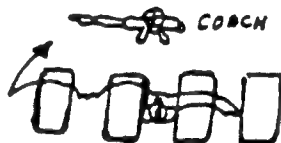
DUMMY BOUNDING



HEEL CLICK JUMPING



BAG DRILL WITH
SHOULDER PADS



WAVE DRILL



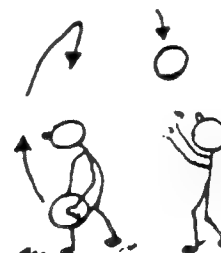
POWER BALL PUSHUPS



POWER BALL STEP UPS

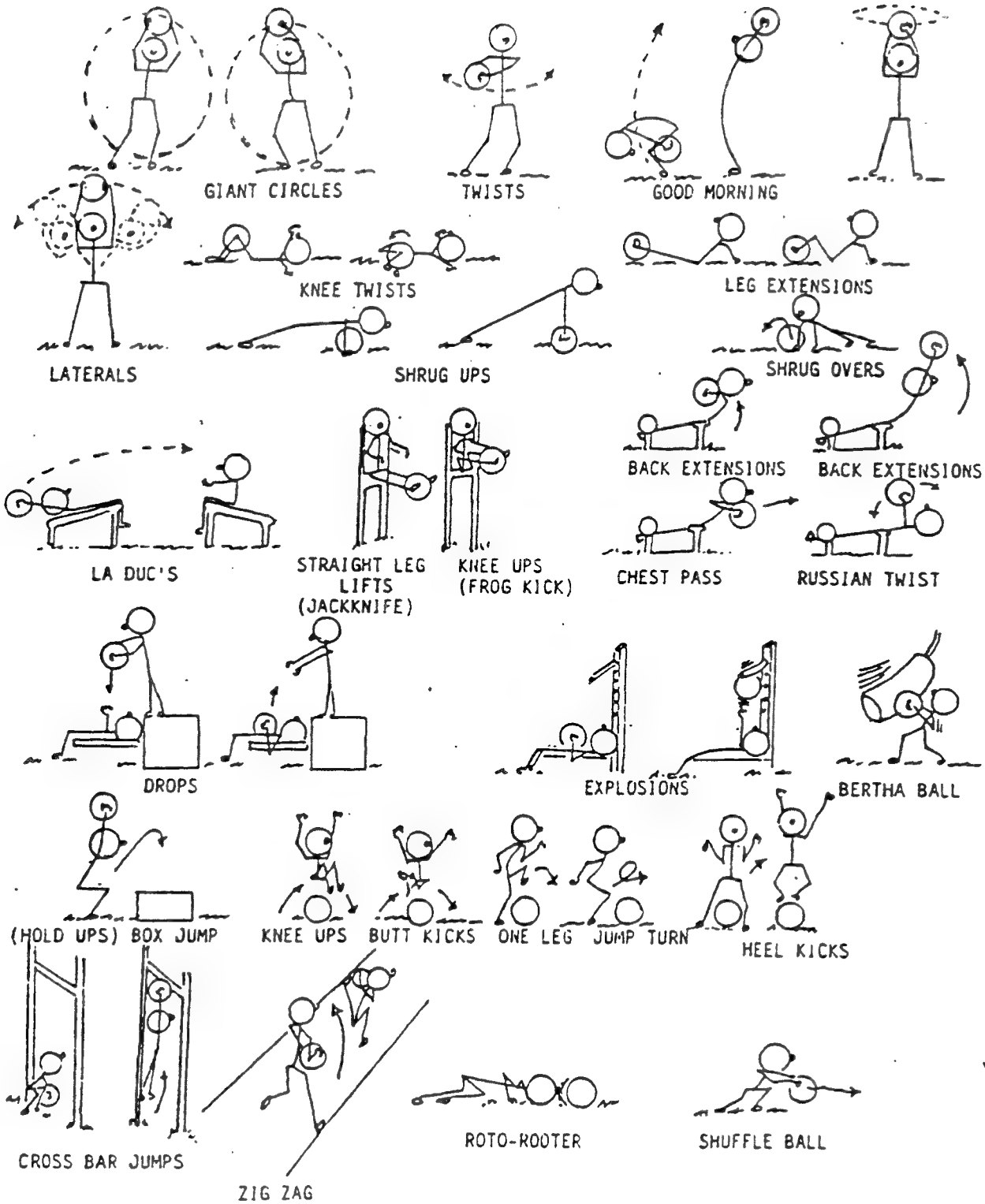


WHEEL BARROW - 4 SQUARE

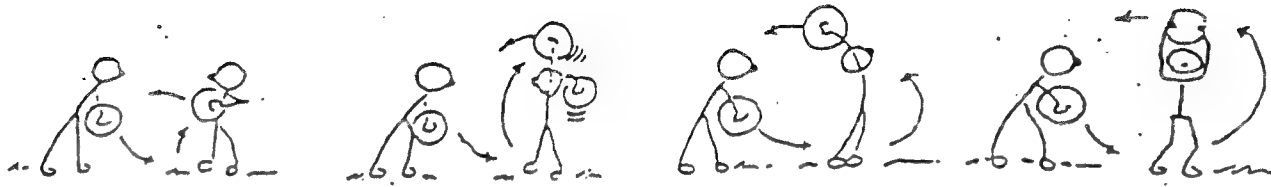


THROW
&
CATCH

MEDICINE BALL DRILLS



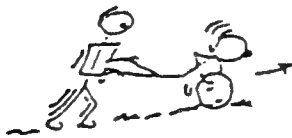
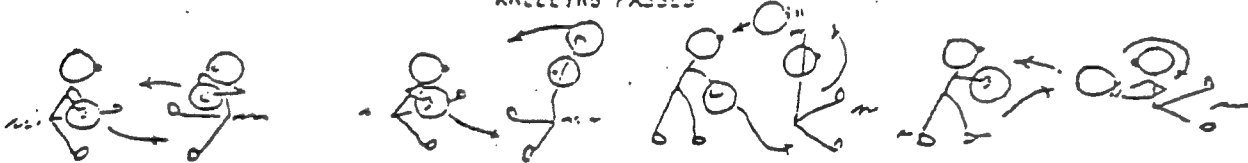
MEDICINE BALL DRILLS (CONT'D)



UPRIGHT PASSES



KNEELING PASSES



"WHEEL POWER" WALK



CIRCLE



OVER-UNDER

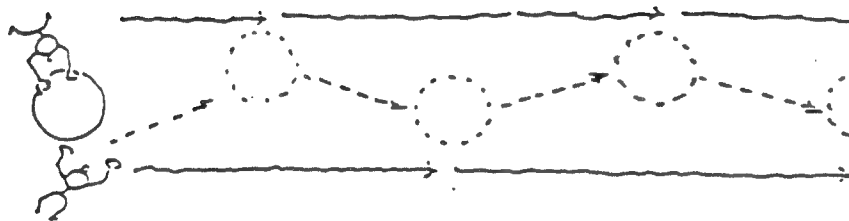


CAT SOCCER

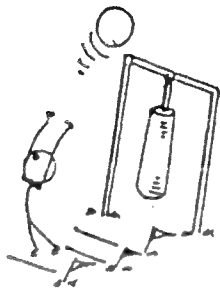
C.A.T. SQUATS



CURL-CHEST
PASSES



MEDICINE BALL DRILLS (CONT'D)



High Land Games



Shuffle Circles



Neck Bridges



Neck Bridge Extensions



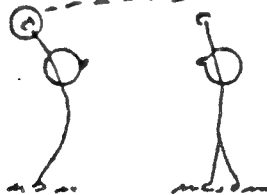
-Kick ups-
Front



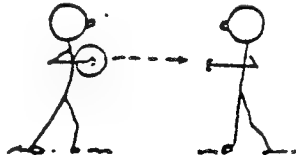
Back



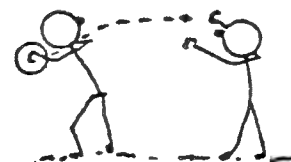
Lift overs
(Over additional M.B)



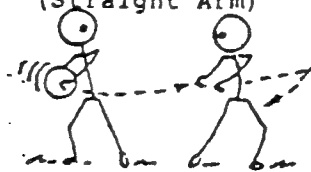
Partner Passes
(Straight Arm)



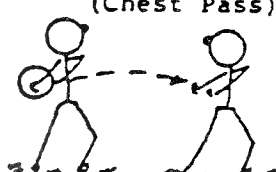
(Chest Pass)



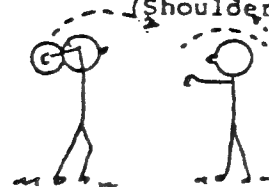
(Shoulder Passes)



(Rotation Pass)



(Reverse of Previous Pass)



(Tricep Passes)



4 Pt. Snap Extensions



2 Man Ball Wrestling



Kneeling Snap Extensions

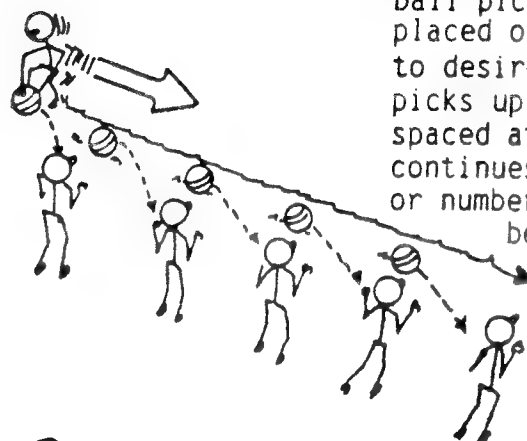


Snap Blocks

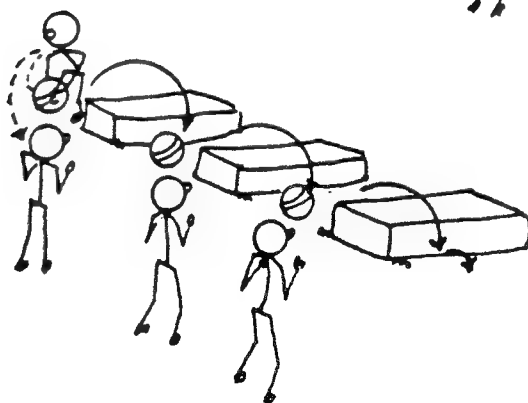


Prone Snap Extensions

DOWN THE LINE DRILL - Shuffle, power ball pickup and chest pass. Balls are placed on the field, in a line, spaced to desired distance. Player shuffles, picks up ball, chest passes to player spaced at a forward angle to him and continues from ball to ball until distance or number is completed. Knees should be bent and a lateral shuffle

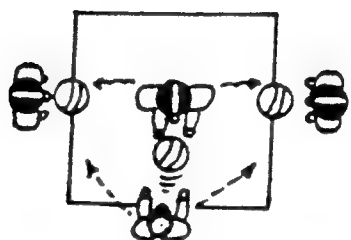
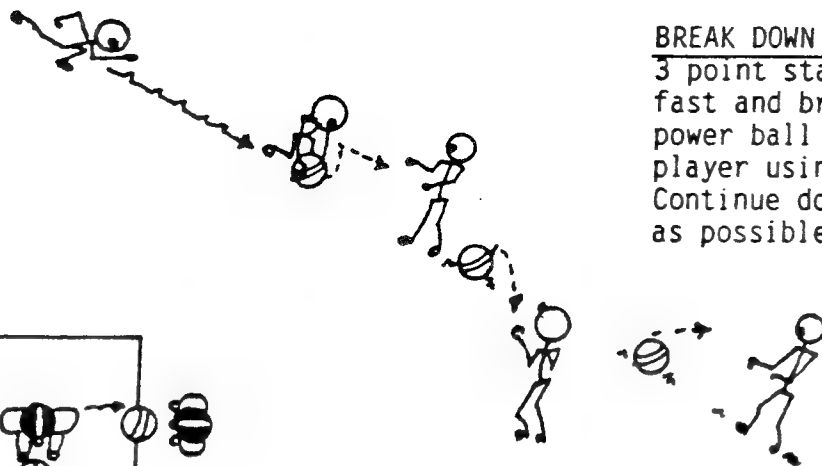


emphasized. Back straight and head up. Pass should be accurate and thrown with quickness and speed. Players replace balls and next in line goes down the line.



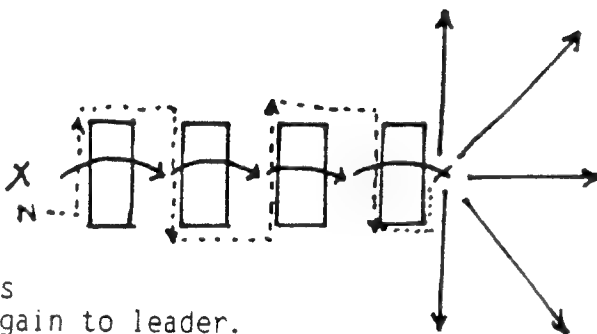
Same as above but with additional obstacle of bags to get over while shuffling.

BREAK DOWN DRILL - Start from 3 point stance. Go forward fast and breakdown and pick up power ball and throw it to player using side pass. Continue down the line as fast as possible.



SHUFFLE DRILL -

2 balls 5 yards apart on the ground. Player starts in the middle by chest passing 3rd ball to leader. Player then shuffles, breaks down and picks up ball - shuffles to middle and passes ball again to leader. Leader throws ball to helper and he replaces ball and drill continues.

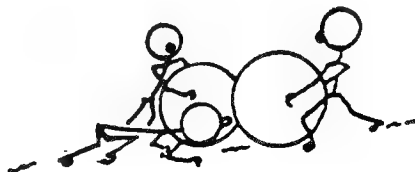


STAR BURST DRILL
Additional Obstacle of bags.

CAT POWER - Push with 2 players using power balls on the CAT ball - direction must be changed by opponents to move ball.



SHORT YARDAGE DRILL - 2 players holding 2 CAT balls firmly against one another. Def. player assumes short yardage position and charges underneath the 2 balls.



EXTENSION DRILL - Especially good for def. and off. linemen. From 4 point stance, bring ball off ground vertically by dropping butt while keeping arms straight.





PARTNER RESISTANCE DRILLS (1)



HARNESS DRILLS (1)



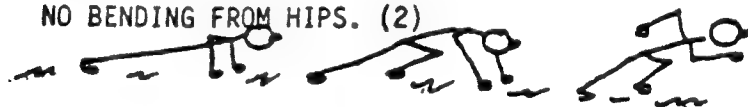
FALLING START - EMPHASIS
ON FALLING PRIOR TO THE
BEGINNING OF FIRST STRIDE.
NO BENDING FROM HIPS. (2)



STRIDE STRETCHER START (2)



BENT START (2)



PUSHUP START (2)



PRONE START (2)



SQUAT START (2)



FOOTBALL START (2)



OPTIMUM STANCE

WORKING INTO AN OPTIMUM
(RACING) START

OVERLOAD FOR MUSCLE
BUILDING AND TEACHING
LEVERAGE.

VARIOUS STARTS FOR TEACHING
KNEE DRIVE, LOW CENTER OF
GRAVITY, ETC. 8 TO 10 REPS
OVER A DISTANCE OF
10 YARDS.

SOURCES: (1) A QUEST FOR SPEED BY ANDREW MCINNIS, TECHNICAL BULLETIN NO. 30,
SPRING 1980

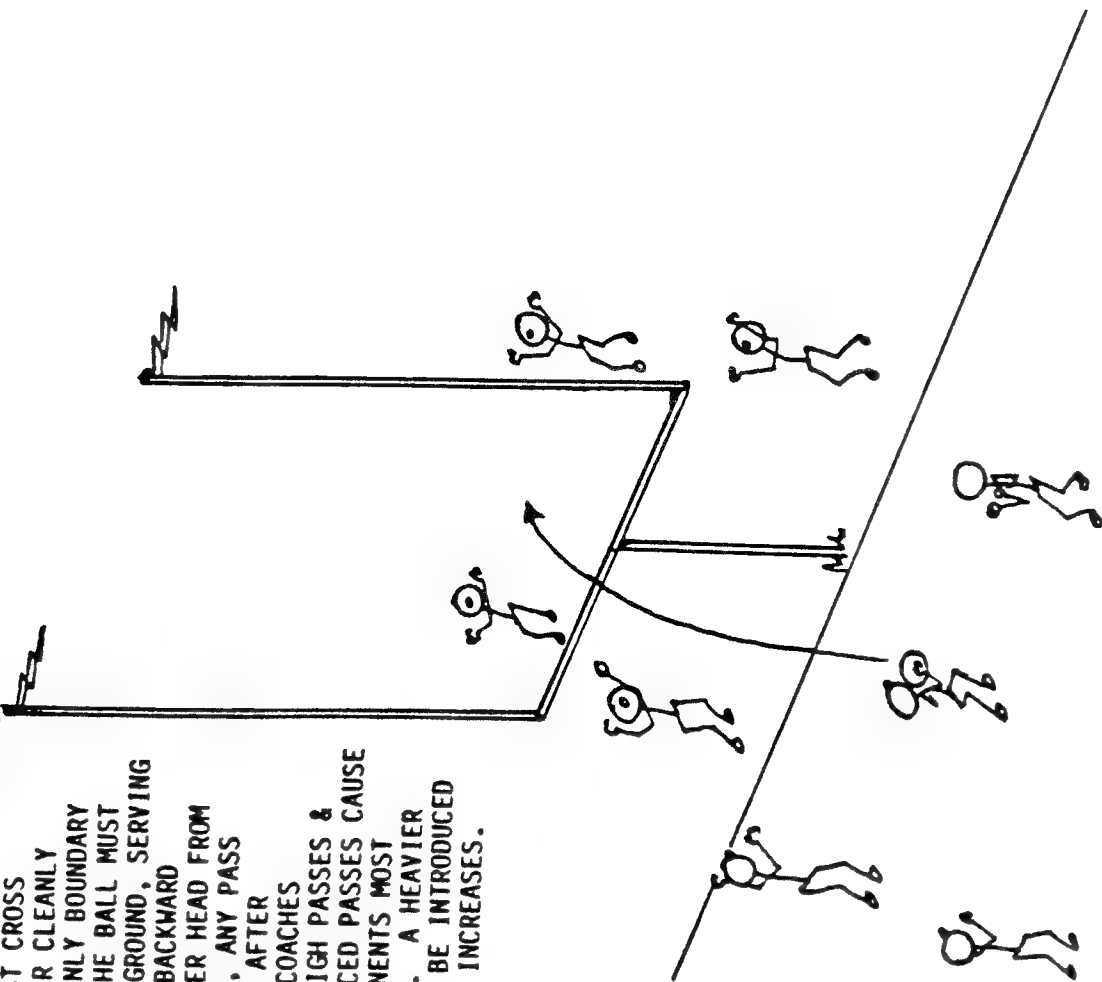
(2) STANDARDS FOR SPRINT START BY DR. GERHARD SCHROTER, DERLEICHTATHLETIK,
VOL. 32, NO. 5, FEB. 1982

POWER VOLLEY BALL

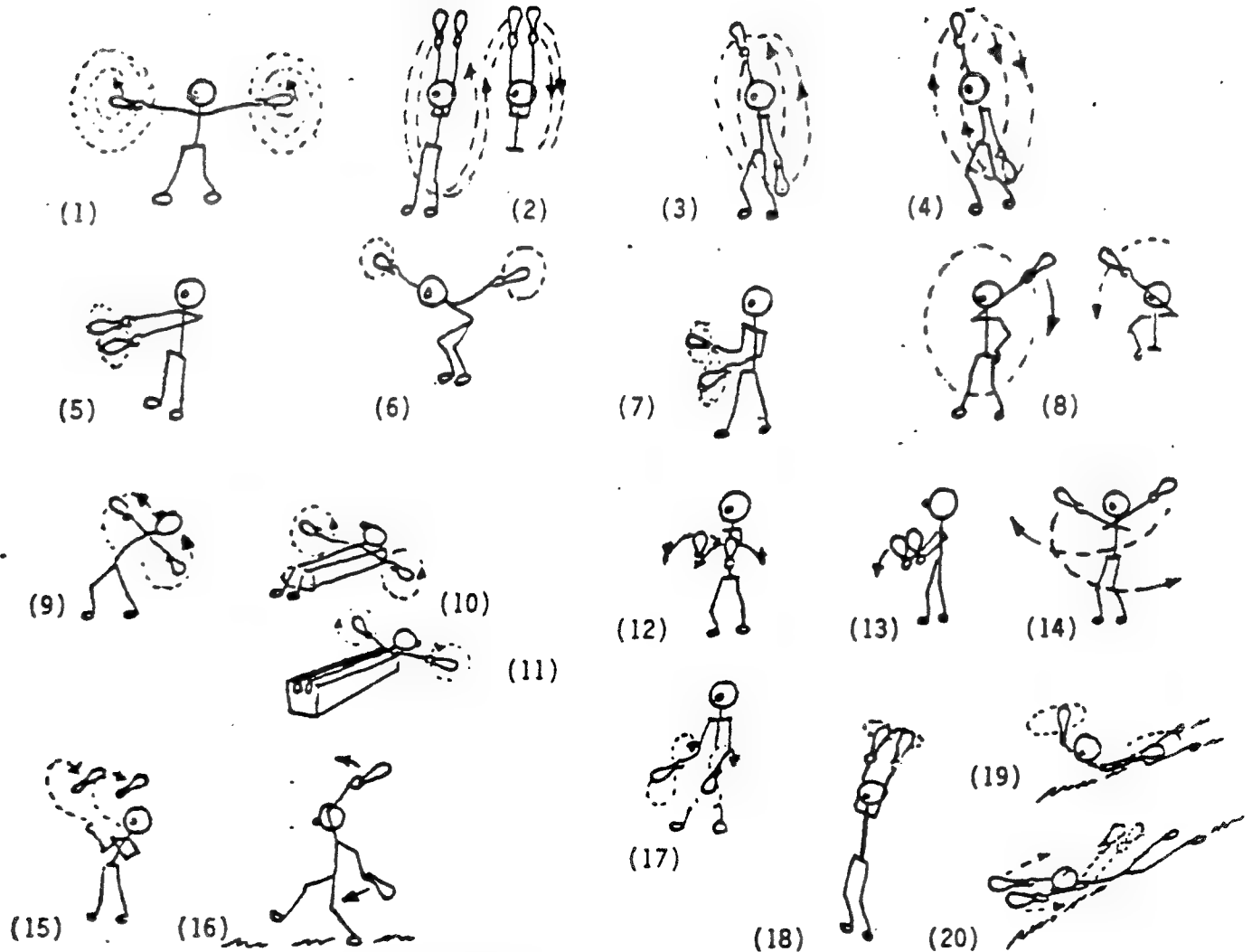
EQUIPMENT: POWER BALL OR MEDICINE BALL,
GOAL POST

RULES:

THERE IS NO OUT OF BOUNDS.
BALL MUST CROSS
CROSS BAR CLEANLY
IS THE ONLY BOUNDARY
RULE. THE BALL MUST
NOT HIT GROUND, SERVING
MUST BE BACKWARD
THROW OVER HEAD FROM
ANYWHERE, ANY PASS
WILL DUE AFTER
SERVE. COACHES
POINT: HIGH PASSES &
WELL PLACED PASSES CAUSE
THE OPPONENTS MOST
PROBLEMS. A HEAVIER
BALL MAY BE INTRODUCED
AS POWER INCREASES.



GYROMETRIC EXERCISES (INDIAN CLUBS)



EXERCISES AND PROGRAM

COACHING POINTS: Sets should be timed if possible - beginning sets might be 15 seconds and progressively be increased to 30 sec., 45 sec., 1 minute. Test and reverse circles on next set. The 3rd set should be a larger circle, next set reverse, etc.



- | | | |
|--|---|--|
| <p>(21) SEATED WRIST MOVEMENTS (LOWER FOREARM ON KNEE)
(7), (12), and (13) EXERCISES</p> | <p>(1) ARM CIRCLES
(2) BUTTERFLY AND BACK STROKE CIRCLES (ARMS TOGETHER)
(3) & (4) CRAWL AND BACK STROKE CIRCLES (ARMS 180° APART)
(5) FORWARD CIRCLES
(6) FORWARD LEAN CIRCLES (WORKING POSTERIOR DELTOIDS AND ADDITIONAL BACK MUSCLES.)
(7) WRIST CIRCLES
(8) SINGLE ARM PROPELLERS
(9) BACKWARD LEAN CIRCLES
(10) SUPINE CIRCLES
(11) PRONE CIRCLES
(12) METRONOME (ARMS FLEXED BUT FOREARMS HELD LEVEL AND ROTATED BACK AND FORTH.
(13) HAMMER (ARMS LOCKED AND WRISTS PROVIDING THE MOVEMENT.
(14) SEMAPHORE (CROSS CHEST MOVEMENTS)</p> | <p>(15) JUGGLING (HAND EYE COORDINATION)
(16) EXAGGERATED WALKING
(17) FIGURE EIGHT WRIST CIRCLES
(18) STICK UP CIRCLES
(19) BACK EXTENSION CIRCLES
(20) CRAWL (SWIMMING MOVEMENT)</p> |
|--|---|--|

WAND DRILLS



(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)



(11)



(12)



(13)



(14)



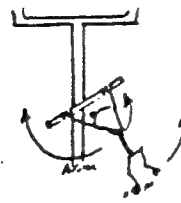
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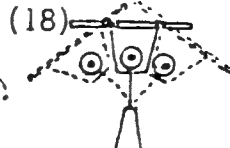
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(20)



(21)



(22)



(23)

(1)(2)(3) Tricep ext.

(4)(5) Flies

(6)(7)(8) Back ext.

(9) Pull ups

(10) Behind the backs

(11) Twists

(12) Supine Twists

(13) Shoulder Stretch

(14) Shoulder Stretch

(15) Row Boat

(16) Dislocates

(17) Shoulder stretch

(18) Slide drill

(19) Chicken fight

(20) Wand wrestling

(21) Twists

(22) Lateral bend

(23) Bent twists

THE STAR DRILLS

1. The drills are used in pre-season (starting May 15) and during the season as a transitional drill.
2. They are used to simulate your actual running during a game.
3. One circuit is equal to approximately a quarter.

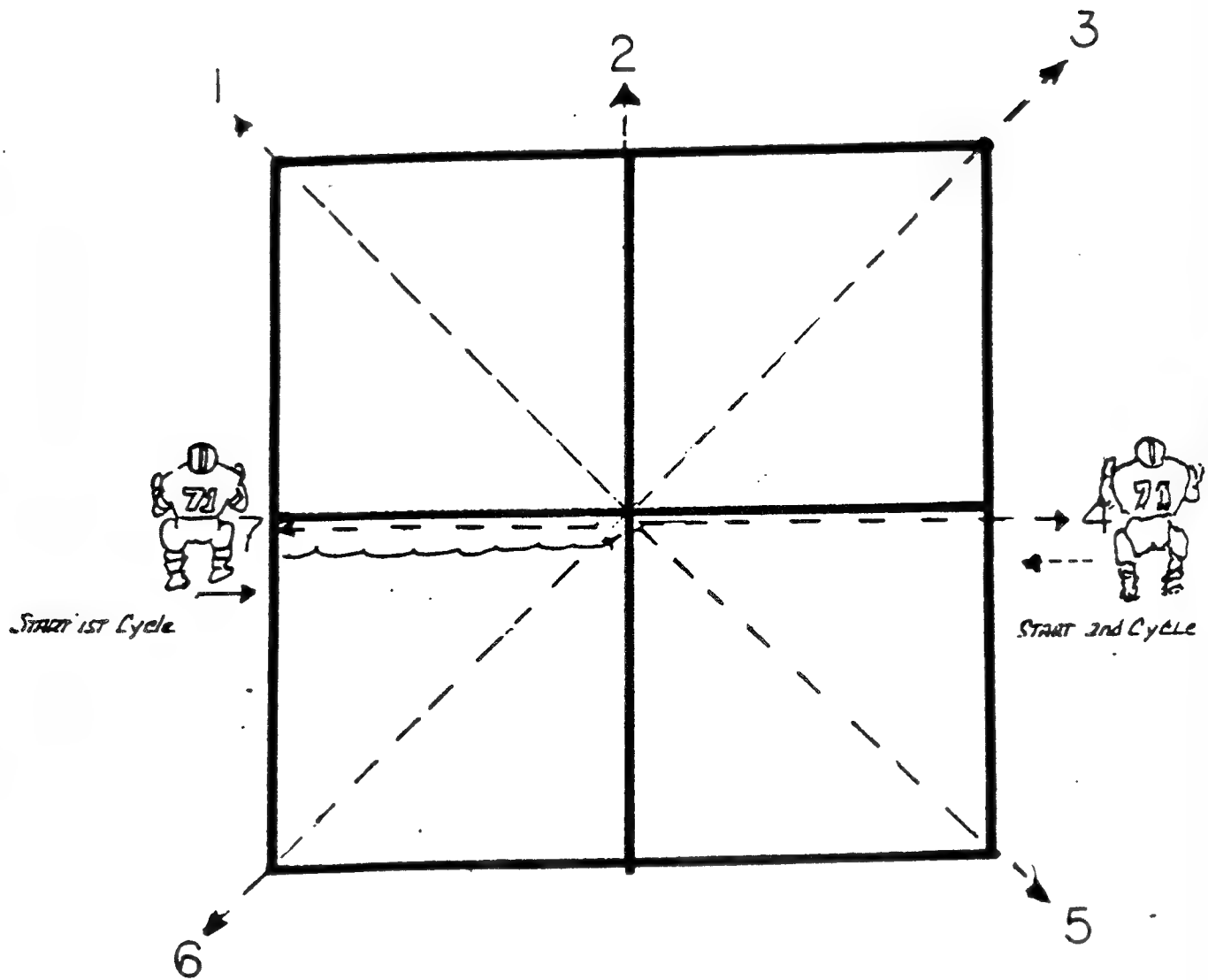
EXAMPLE PROGRAM:

(RUN DRILL)

- (1) Start in 3 pt. stance (on movement) player steps off & then shuffles to the right for 5 yards, at the moment your right foot strikes the 5 yard mark, break and run for the 1st corner (full out). Return to start again. By fast walking, and eventually trotting. The 2nd time, break for a vertical 5 yards. Return to start again, until all 7 breaks are completed (1 cycle). Then shuffle to the left and repeat the same 7 breaks (2nd cycle). Don't be fooled by the seaming lack of distance or effort. You will be running full speed 70 yards, shuffling 86 yds, jogging 120 yds, for a total of approximately 280 yards. Time the total circuit (2 cycles) and as you improve your conditioning, your time should decrease. Your return to the start should allow for near recovery so that your shuffle and breaks should be all out efforts.
- (2) As you progress, add one more circuit until 4 complete circuits are completed. At the end of each circuit allow sufficient time for your heart to at least 120 beats a minute.

SEE NEXT PAGE FOR ILLUSTRATION.

THE STAR DRILLS



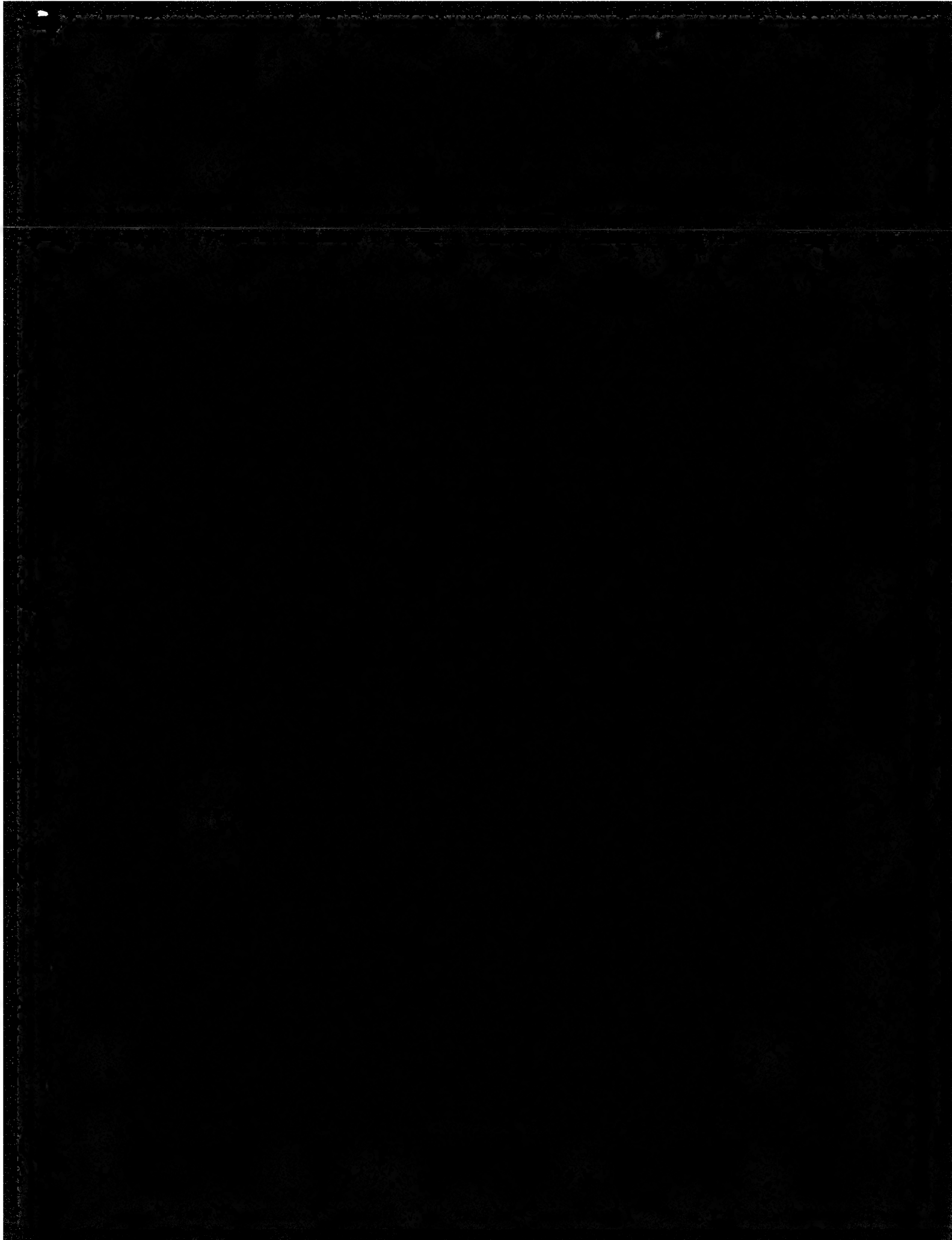


TABLE OF CONTENTS
INDIVIDUAL SECTION
FOR
NEW ENGLAND PATRIOT LINEBACKERS

1. EIGHT POSITIVES FOR CHAMPIONSHIP FOOTBALL (P 1-2)
2. CHARACTERISTICS AND MEASUREMENTS NEEDED TO PLAY LINEBACKER (P 3-4)
3. BASIC REQUIREMENTS FOR LINEBACKERS (P 5)
4. LINEBACKER TECHNIQUES FOR RUN, PASS, BLITZ, SHORT YARDAGE (P 6-11)
5. THINGS A LINEBACKER SHOULD KNOW AND DO. ALSO OFFENSIVE SUBSTITUTIONS (P 12-13)
6. LINEBACKER PASS RUSH TERMINOLOGY AND TECHNIQUE (P 14)
7. LINEBACKER LOCATIONS (P 15-18)
8. LINEBACKER KEY AND PROGRESSIONS (TREE OF BLOCKS) (P 19-31)
9. BASIC FRONTS AND RESPONSIBILITIES (INSIDE LINEBACKERS-OUTSIDE LINEBACKERS)
(P 32-34)
10. FORCE TECHNIQUES (P 35-37)
11. LINEBACKER FILM STUDY CHECKLIST (P 38)
12. LINEBACKER DRILLS (P 39-51)

I. EIGHT POSITIVES FOR CHAMPIONSHIP FOOTBALL

A. PRIDE

Have the desire to be the best. To be the best you have to work at it. Maintain your strength and improve on your weaknesses. Every time you leave the practice field or meeting room be able to say you have become a better player. Be proud of yourself and you will be proud of your team.

B. POISE

Learn to withstand the pressure. Control your emotions under any circumstances. Be cool, calm and collected. When an opportunity arises be emotionally and physically ready to take advantage of it. Inspire confidence in your teammates by your ability to perform under any condition. A great defensive player will never lose his poise. He will always strive to make a big play in a bad situation and take the momentum away from the offense.

C. CONSISTENCY

Each man must know his individual assignment and responsibility on every defense. Concentrate on making the right play every time. By doing this you will eliminate mistakes and will be in position to make many big plays. This leads to consistency which increases your chances of executing properly your defensive responsibilities and leads to your ultimate goal - to be a champion.

D. HUSTLE

Be an opportunist. You never know when your presence or hit is going to be the one to cause a fumble or interception. You have to make things happen on a football field. Only by going 100% at all times will you be ready to take advantage of a poor effort by the offense. This will pay-off particularly in tight games where the margin of victory usually goes to the team who wants it more.

E. UNSELFISHNESS

Remember - football is a team game. No game was ever won or lost by one player alone. Know and carry out your assignment no matter how tough you might think it is. Any gambling or hunch playing by an individual can only lead to a breakdown of the "team." Your defense is based on each carrying out his own assignment completely. Pay the price to be a champion. This takes certain individual sacrifices that no other occupation calls for.

F. TOUGHNESS

Be physically and mentally tough. Very few players ever play without small aches and pains. Overcome these nuisances. Be mentally prepared to withstand the long training camps and season: by being in proper condition no amount of time on practice field or game field will bother you. Respect your opponent but don't fear him. Be the intimidator. Take the fight to him. Dislike being blocked, knocked down or beaten on a pass. Come back stronger when this happens. Cause the offense to lose its will to fight.

G. ENTHUSIASM

Enthusiasm is a must to secure the total commitment that is needed to play at championship caliber as a linebacker.

This kind of enthusiasm is contagious. It will effect the entire defensive team in a positive way.

Definition of Enthusiasm:

To be inspired by intense, eager interest.

H. DOMINATION:

Whatever situation is presented to a defensive player on field can be overcome by "Total Domination of All Situations" when they occur.

II. CHARACTERISTICS NEEDED TO PLAY LINEBACKER

A. DESIRE TO LEARN

Not everybody has the same IQ. The important thing is that everybody has the ability to learn. How hard you concentrate and work to understand is relative to how well you learn and how well you play.

B. SPEED

You have to be able to run to play football. The faster you run the better chance you have to play. Always work on speed drills and burst and ballistic drills.

C. QUICKNESS

The faster you are able to move, i.e., arms, legs, forearms, feet, the quicker you become. Knowing what to do when you see something is important as anything in developing quickness.

D. AGILITY

To become agile you have to over extend your moveable joints so when a difficult situation arises you will be able to move easily, rapidly and more superior to anyone else. To be agile also prevents injuries.

E. BALANCE

By being agile you will be able to regain lost body control easily. Agility leads to balance.

F. REACTION

You need physical conditioning of your body to do what your eyes are telling it to do. Physical and mental preparedness develop good reactions.

G. STRENGTH

You will be called upon to use every bit of your strength to defeat people much heavier than you. You want more than a stalemate. Overall strength and leverage will enable you to achieve this.

H. EXPLOSION

The combination of quickness, strength, agility, speed will enable you to strike like lightening. You will develop the ability to unload.

I. DURABILITY

You must develop the ability to perform for long lengths of time under extreme mental and physical stress. This comes by work and dedication in your job.

J. CONDITIONING

The basic answer to all the characteristics above is condition. All skills, mental and physical, are developed through condition of mind and body.

K. AGGRESSIVENESS

By being well-conditioned you will develop the mental and physical skills to give you confidence to do your job which still basically is to stop your opponent by hitting him. Knowing you have developed the necessary tools you will be able to hit, run and tackle with disregard to anything else.

L. DESIRE

Still number one. If you want it, come and get it. Anything worth having is worth working for.

M. RECOVERY

Recovering from a defensive play, recovering from an injury, recovering from any situation that you are confronted with is the key to winning. But the key to this is: you must be the first to recover.

N. BODY FAT

Body fat is your worst enemy. The more you have the more you become vulnerable. Replace body fat with protein. Don't let your body fat go over 12%.

III. BASIC REQUIREMENTS FOR LINEBACKER

Linebackers are the heart of any defense. On running plays they must play with the power and strength of defensive linemen and on passing plays they must display the speed, quickness, and mobility of defensive backs and the illlusiveness and power when blitzing.

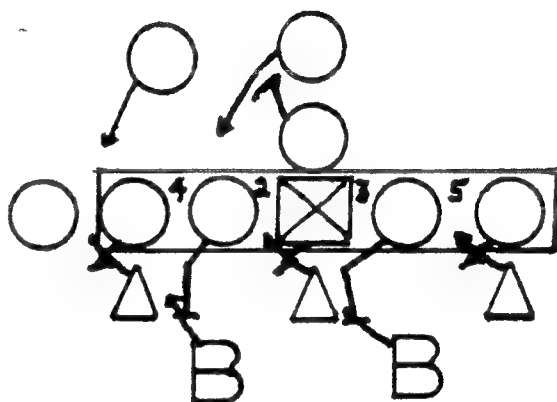
Outside Linebackers: must have the strength to defeat tight end blocks, trapping or pulling guards, and lead blocks by blocking backs. Also they are required to cover tight ends man to man, cover backs out of backfield man to man and drop to deep zone areas to defend the pass. Pursuit and tackling are also prerequisites in the running game.

Inside Linebackers: must have the strength to defeat guards and tackles blocking them. They must be fierce competitors to withstand the combat of the interior line. They must be able to cover a tight end or back and also quick and agile enough to drop into zone to defend the pass. The inside linebacker must be a tenacious competitor and be the main link that connects the forcing and fill units.

In Summary: A linebacker must be strong, tough, aggressive to play the run. He must be quick, agile and fast enough to play the pass. He must study and learn the game and have the desire to get the job done.

INSIDE LINEBACKERS

I. LINE OF SCRIMMAGE AND GAP CONTROL - INSIDE THE "TACKLE BOX"

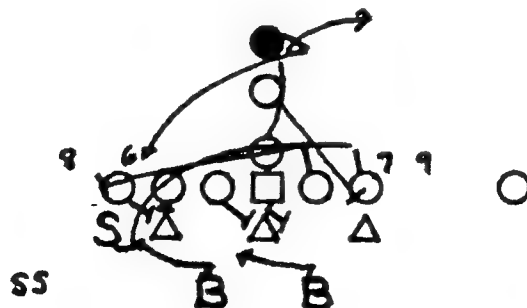
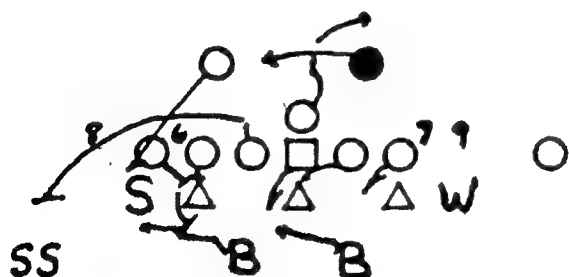


One of the most important elements of a successful run defense is the coordination and execution of sound gap control responsibilities inside the "Tackle Box," (2-4 and 3-5 holes). In order to be a successful defense our down linemen and linebackers must aggressively attack the blockers in this area eliminating gap openings and cutback lanes.

II. KEY FACTORS IN LINE OF SCRIMMAGE AND GAP CONTROL BY LINEBACKERS ALIGNED INSIDE THE "TACKLE BOX."

1. Correctly read the backfield action and blocking schemes.
2. React quickly and aggressively.
3. Be disciplined in taking care of your gap responsibility.
4. Attack and shock the blockers aggressively eliminating any soft spots or bubbles within the L.O.S.
5. Force the ball carrier to be detoured from his designated point of attack.
6. Eliminate a potential cutback lane forcing the ball carrier to bounce outside of the "tackle box."
7. Pursue and tackle the ball carrier once you have taken care of your gap responsibility.

III. BASE REACTION OF LINEBACKERS ALIGNED INSIDE "TACKLE BOX" TO RUN PLAYS DIRECTED OUTSIDE THE OFFENSIVE TACKLES, 6-8 or 7-9 HOLES.



1. Onside Linebacker:

The linebacker aligned inside when the point of attack is directed to his side.

- A. Shuffle to the outside hip of the offensive tackle your side, keep shoulders square.
- B. Your responsibility and technique depends on the defensive front called and the force system.

Fill - responsible for the area inside the "Force" man.

Technique: After reading keys and you read run get to the fill area, do not be forced too wide, be in position to make the tackle as the play turns up. Play "2" Gap technique.

Cutback - Responsible for the area inside "Fill" man. Technique:

After locating ball shedding block you are inside out man to ball carrier in case he turns inside the fill man. If ball carrier gets outside the Force man take proper pursuit angle to the sideline

Breakdown and tackle.

Pursuit - Responsible to run ball carrier down if he escapes force and fill man.

2. Offside Linebacker:

The linebacker aligned inside, when the point of attack is directed away from him.

"Quick" Pursuit - Taking proper angle on the defensive side of the L.O.S. and running the ball carrier down.

"Read" Pursuit - Responsible for ball carrier cutting back on certain plays before you can pursue to ball.

INSIDE LINEBACKER REQUIREMENTS

1. Height - 6'2 Minimum
2. Weight - 230 Minimum
3. Speed - 4.75 (40)
4. Strength - Upper Body - 375+
Lower Body - 400-450 - 4 reps
5. Test Score - 14 - 17 Minimum

OUTSIDE LINEBACKER REQUIREMENTS

1. HEIGHT - 6'3 Minimum
(Note) If a top player is at this position but is 6'1 - in our system think of him to play (wk. side/open end side) as we flop LBers (but try to make this an exception - must be a top player).
2. WEIGHT - 230 Minimum
(Note) If a top player is at this position but is 220 - think of him to play (wk. side/open end side) as we flop LBers (but try to make this an exception -- must be a top player)
3. SPEED - 4.7 (40)
4. STRENGTH
Upper body - Bench - 375+
Lower body - Squat - 400-450 - 4 reps
5. TEST SCORE - (14 - 17) MINIMUM

LBer PHYSICAL ABILITIES

1. Foot quickness/burst/lateral quickness
2. Flexibility (Hips) upper body
3. Explosiveness - intensity - vertical jump (30")
4. Conditioning/(Endurance - durability)
5. Balance - working with open field
6. Toughness - aggressiveness
7. Ball Reaction - hand/eye
8. Tackling Ability (tackle to tackle) (open field)
9. Ability to shock (stuff) disengage

LBer CHARACTERISTICS

1. Ability to learn/retain
2. Desire to learn
3. Poise - perform under pressure
4. Pride - desire to be the best
5. Enthusiasm
6. Unselfishness - team player
7. Leadership potential
8. Production
9. Carrier playing time (durability)
10. Consistency
11. Good character
12. Intensity level
13. Instinctiveness
14. Ability to key & diagnose
15. Medical History - (especially a history of wearing a neck roll/collar)
16. What kind of system played in.

IV. LINEBACKER TECHNIQUES FOR RUN AND PASS

A. LINEBACKER RUN DEFENSE

Linebackers must line up in exact location of defense called. Make proper adjustment to formation and know hole responsibility for defense called. Once play starts you must read your key and progression and react to blocking combination by filling hole at point of attack or by using proper shedding technique and taking correct pursuit angle to ball. Always know type of force to be used with each front and coverage.

TECHNIQUES IN PLAYING THE RUN:

- a. Stance - get in proper alignment and position which is best to suit the job you have to do.
- b. Tree of Blocks - know blocking combination of guards, centers, tight ends and backs to help you recognize plays.
- c. Attack - get in proper position to strike. This could be feet, shoulder, forearms, etc.
- d. Strike - deliver a blow to defeat a blocker or ball carrier.

VARIATIONS:

1. hand shiver - strike with heels of hands to defeat cut, sweep or hook blocks.
2. forearm shiver - strike with the forearm to chest, neck or head, keeping one arm free to clear blocker or tackle.
3. shoulder shiver - throwing the inside or outside shoulder and body into blocker to stack up running lane.
4. head butt - taking lead blocker on with head and shoulders forcing ball carrier to make decision on running lane.
5. body throw - used when caught out of position. Throw your body into lead blockers creating pile in running lanes.
- e. Hold - defend your area of responsibility until there is no threat of run in it or until you can disengage and make tackle.
- f. Disengage - is the method in which you get rid of blockers - You can't be so intent on making the tackle that you disengage too soon and open running lanes but also you can't get in personals wherein you forget the ball carrier. Methods to disengage:

VARIATIONS:

1. throw - use hands and arms to throw blocker away from point of attack.
2. Slip - sidestepping or giving ground on overly aggressive blocker and getting back into running lane to meet ball carrier.
3. Spin - used when pinned in by blocker or controlled by him.
4. Kickback - a technique used when blocker comes at your legs. Hand shiver his shoulders or head and kick back your feet then disengage.

- g. Pursuit - By team pursuit we are able to eliminate the long run and pass. By doing this we will keep scoring down to a minimum and achieve our goal.

B. LINEBACKER PASS DEFENSE

1. Linebackers must be tough at holding up the offensive ends, covering your assigned man, and dropping to their prescribed defensive positions for pass. If a ball is caught around you, converge, and dislodge the ball by a jolting tackle. Make him remember you and never want to catch another ball in your area again. Linebackers must get depth, tackle viciously and cover ground laterally. Never let receivers cross on you without giving them a good shoulder-forearm shiver (5 yd Bump Rule).

a. Man Coverage Techniques -

1. Concentration - remember you are defending the man. Look him in the numbers. The secret of covering is concentration and desire.
2. Position - defend a side. Don't let receiver get head up on you. Force him to take a side.
3. Drive or burst - when a receiver has a step on you or is in his final move you have to turn and burst to him. This is where you have to have complete concentration on him. Drive for the man, reading him and react to the blur of the ball. If your position is such that you can't see the blur of the ball react on the receivers moves to the ball (arms-hands). Always drive to point on the receiver to cut him off on his pass route. Drive toward him - not parallel.
4. Cover techniques:
 - a) Shuffle, bump inside or outside techniques
 - b) Wall off with shoulder turn
 - c) Jam
 - d) Walk-up - attack him - make him block you or knock him down.
 - e) Mirror

b. Zone Coverage Techniques -

1. Get proper alignment according to formation and establish strength. Know where your area is when pass develops. Turn and sprint to your divider (or Junk Drop) using proper angle with eyes on quarterback. Use peripheral vision to see receivers. Once you get to your area keep feet moving always ready to react to quarterback and ball. When ball is thrown, take shortest possible route to it. Go up after it. Remember - any ball thrown is as much yours as it is the offense. Familiarize yourself with the National Football League rule: "During a forward pass it must be remembered that defensive players have as much right to the path of the ball as the receiver.

NOTE: It is important in zone coverage to get to your divider as soon as possible "settle down"(don't drift) so you are ready to drive on the ball. Also on Chase coverage there is a possibility you may come off your chase to take a 2nd receiver

(Ex: Zoom)

C. JUNK DROP TECHNIQUE:

Junk drop is keeping most of the same techniques used in zone drops, with the exception that after the three step read, instead of turning and sprinting to a divider, you turn and backpedal to your divider, watching the QB and receiver who may be in your area, trying to anticipate the release of the ball by the QB. You will not get as much depth as you do in a normal zone drop. This drop is used to take away the dump pass or check release pass.

Any bodily contact, however severe between players who are making a simultaneous and bonafide attempt to catch or bat ball is not interference.

D. BLITZ TECHNIQUES:

1. The primary use of blitz is to disrupt running plays and/or get to the passer. If read run when blitzing, use proper Tree of Block Read techniques. If read pass, you must try to get to the passer or put pressure on him by using proper techniques. You must stay in your rushing lane and/or contain to prevent him from running or getting outside pocket.

VARIATIONS:

- a. Overpower - take on blocker and drive him into quarterback.
- b. Throw - take on blocker and use club, grab and jerk, or swim techniques to shed him.
- c. Leap Frog - if blocker uses cut-block technique, jump over him with or without using hands.
- d. Halo Spinner - if have momentum and angle hit and spin under or over blocker. (Additional rushes in basic information)

E. SHORT YARDAGE - GOAL LINE TECHNIQUES:

1. The primary purpose of these techniques is to enable OLB's to get penetration quickly to disrupt the running lane early and/or make the tackle for little or no gain. If read pass, you must get to or pressure and contain passer. MLB must read and get to ball carrier vs. run and get to designated area or receiver on pass using correct techniques. All Linebackers play run first.
2. OLB's - 4 pt stance nose to nose with TE/TSE on LOS
3. Mike - 2 pt. stance 4-5 yds. deep on Offensive Center.

V. THINGS A LINEBACKER SHOULD KNOW AND DO

A. SIGNAL CALLER

1. Never let this be questioned. Look into the eyes of every man in the defensive huddle, and make sure they are looking at you. Have discipline in your huddle. Be sure every man has heard and understood the call correctly. Break the huddle sharply.

B. KNOW THE DEFENSE CALLED POSITION BY POSITION

1. If anyone of your teammates lines up incorrectly you should recognize this immediately and move him into position before the ball is snapped. Should the defense be breaking down through an error of a teammate, be able to explain the error to him. In order to do this you will have to study football.

C. KNOW STRENGTHS AND WEAKNESSES OF THE DEFENSE

1. Be ready to anticipate what an opponent might do to a defense.

D. KNOW SITUATION (WILL RESPONSIBLE)

1. Down and distance - Opponents call their offense by down and distance. Know what to expect.
2. Field Position - What does your opponent do when he is headed up, coming out, in the middle, driving in, goal line. Will he gamble, use his regular offense, trick plays, etc.?
3. Time remaining - Many games have been lost because a team misjudged the time left to play in each half and what an opponent does during this time. In close games the time employed intelligently by a team often determines the winner. You should know how our opponents stop the clock to save time. Our defensive play can determine whether or not the offense can control the time. You should know how many timeouts your opponent has left and how many you have.

E. TENDENCIES

1. Formations - What is the opponent's tendency by formation? Does he run to or away from the formation? Every formation has a favorite play or plays you should be familiar with.
2. Personnel - Be alert for changes in personnel. Most opponents style their attack based on personnel.

F. OPPONENT'S OFFENSE

1. Huddle - Know where people line up in their huddle (helps in determining strength). Know how long they stay in huddles. Be aware of no huddle situations.
2. Offensive Huddle Variations:
 - A. Normal Huddle
 - B. Sideline Huddle
 - C. No Huddle
 - D. Normal Huddle (12 men in Huddle - late run off)

2. Alignment - Know if they run from pre-shift formation. Know if they like quick or long count and in what situation. Know changes in line splits. Know what kind of motion or unusual formation opponent uses. Know your opponent!

G. SPECIAL SITUATIONS

1. Know who opponent calls on in clutch.
2. Know how changes in quarterbacks affects game.
3. What do they do after we have lost the ball to them on fumble or interception.
4. Be alert for substitutions. Note a number and position. This could constitute a change in our defense.

- A. PRO 2 WR's - 1 TE - 2 BACKS (also Normal)
- B. ORANGE - 3 WR's - 0 TE - 2 BACKS
- C. BLUE - 3 WR's - 1 TE - 1 BACK (TE Blue - 3 WR's - 2 TE's)
- D. GREEN - 1 WR - 2 TE - 2 BACKS
- E. WHITE - 2 WR's - 2 TE - 1 BACK
- F. RED - 4 WR's - 0 TE - 1 BACK (TE Red - 4 WR's - 1 TE-0 Back)
- G. BLACK - 1 WR - 3 TE - 1 BACK
- H. BROWN - 5 WR's - 0 TE - 0 BACK
- I. PURPLE - 3 BACKS - 1 TE - 1 WR
- J. YELLOW - 0 WR's - 3 TE - 2 Backs (Short Ydg)

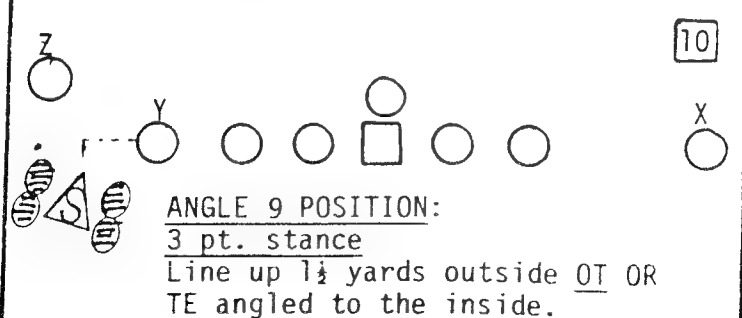
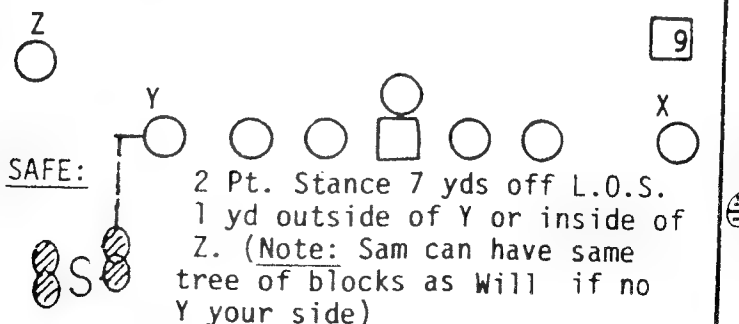
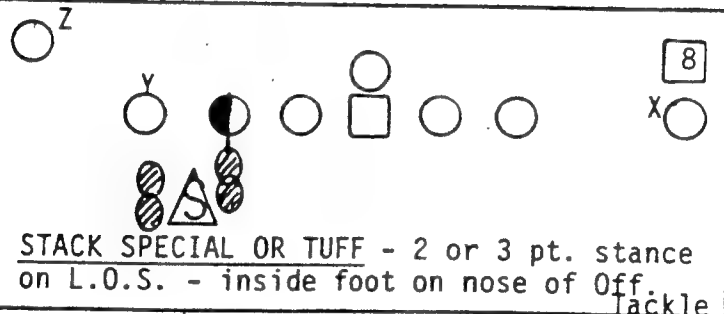
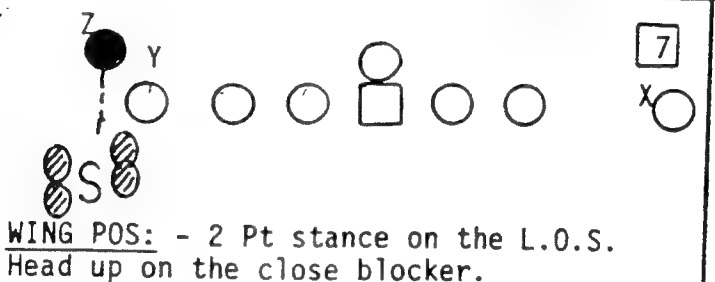
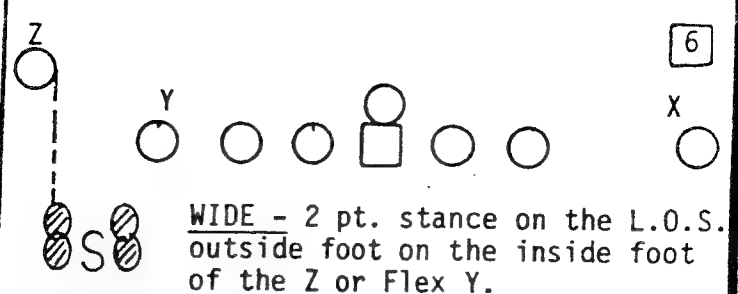
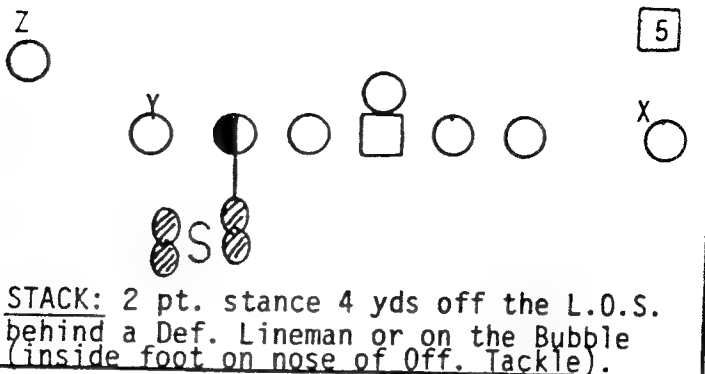
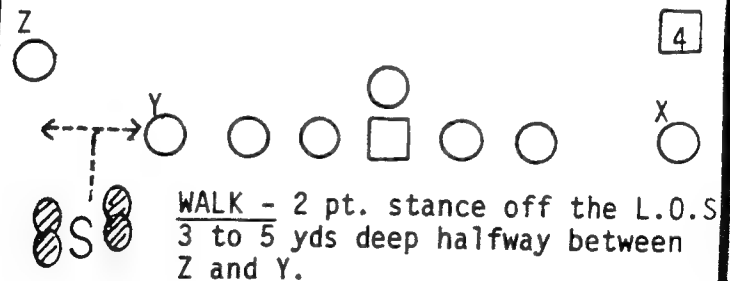
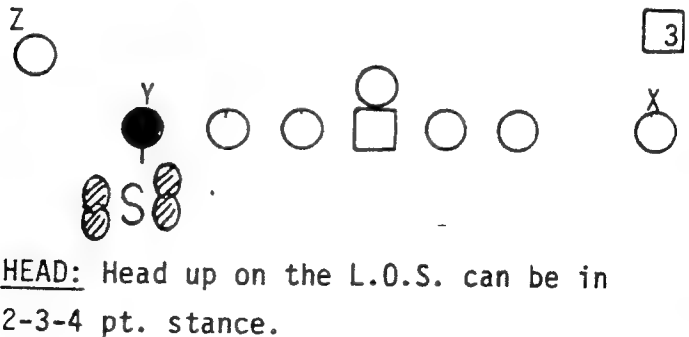
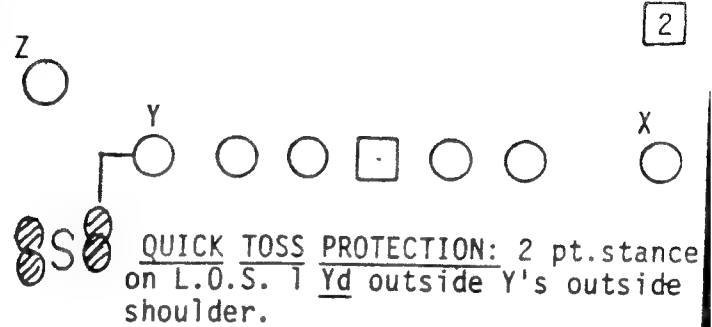
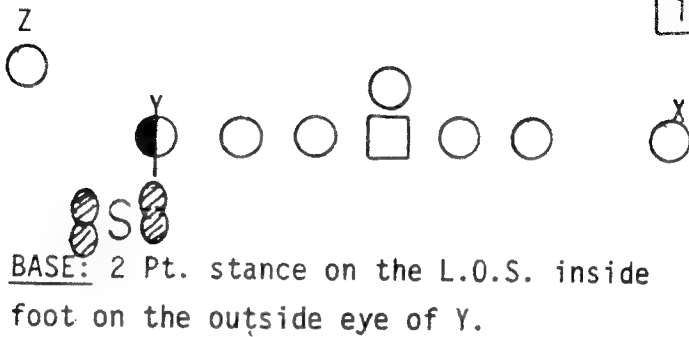
LINEBACKER "PASS RUSH" TERMINOLOGY

PASS RUSH MOVES FOR LINEBACKERS

1. Shoulder or Arm Slap - OLB will use outside arm to slap offensive Lineman's outside shoulder or outside arm followed by a quick rip or swim technique. (Note: Also can be used with OLB using inside arm slap on Offensive Lineman's inside shoulder or arm followed by a quick rip technique or swim technique.)
2. Speed Rush with Hook - A technique used by an OLB vs. a dual protection team when a guard is coming out to block you. OLB will rush hard and fast upfield with a little width, head faking to the outside then using the inside shoulder or arm slap followed by a quick rip technique.
3. Shoulder Grab and Jerk - A technique used against backs more than Lineman, an OLB rushes hard and fast making contact with the back as soon as possible, grabbing the shoulders and head butting the back at the same time. Start the back moving toward the QB, then move to the inside or outside (depending on QB contain responsibility) using the rip or swim technique.
4. Power Rush - OLB starts same technique as head butt and shoulder grab - when OLB has back started back and you feel you have back over-powered, straighten the back up and drive him back into the QB. (Note: Power rush can be used by an inside LB in a special.)
5. Halo Spinner - OLB has hard fast deep upfield rush, when he feels offensive man is off balance or leaning to the outside, make a complete body turn to the inside, under the offensive lineman. (Note: Reverse Halo may be used on certain type rushes as an alternative.)
6. Head Butt-Shoulder Grab and Jerk - A technique used by an inside Linebacker from a special technique. ILB drives his head under chin of the offensive lineman grabbing the shoulders at the same time, then rush inside or outside using the rip, swim or power technique.
7. Head - Shoulder Fake with Hook - Inside Linebacker will head and shoulder fake inside or outside. When he feels offensive lineman over extended or off balance use shoulder or arm slap with a rip or swim technique.
8. Pass Rush Variations
 - A. Outside Elbow Grab - with over arm or arm bar
 - B. Inside Elbow Grab - with over arm or arm bar
 - C. Arm Bar to Pull Down Arm

LB LOCATIONS
SAM BACKER POSITION

NOTE: By call Sam could play other L.B. positions



NOTE: By call Zip could play other LB positions

ZIP BACKER LOCATIONS

1

BASE: 4 yds off L.O.S. with inside foot on nose of Strong Offensive Guard (2 pt. stance)

2

TUFF: 2 pt. stance on the L.O.S. aligned in Base position on Strong Offensive Guard.

3

SPECIAL: 3 pt. stance on the L.O.S. aligned in Base position on Strong Offensive Guard or Weak Offensive Guard.

4

GUT: 2 pt. stance on the L.O.S. aligned in gap between Strong Guard and Center.

5

STACK NOSE: 2 pt. stance 4 yds directly behind Nose Tackle.

6

CENTER: 4 yds. off L.O.S. head on Center 2 pt. stance (also Special).

7

TACKLE BASE: 2 pt. stance 4 yds off L.O.S. inside foot on nose of Off. Tackle (also Special and Tuff).

8

SAFE: 2 pt. stance 7 yds deep on shoulder of Guard or inside divider.

9

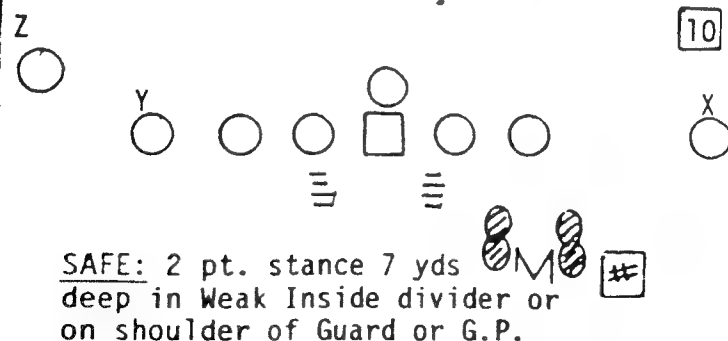
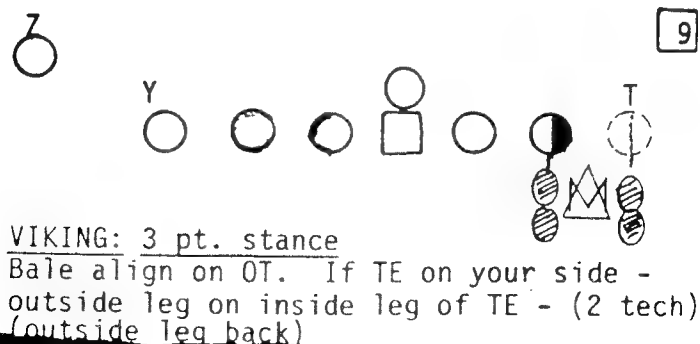
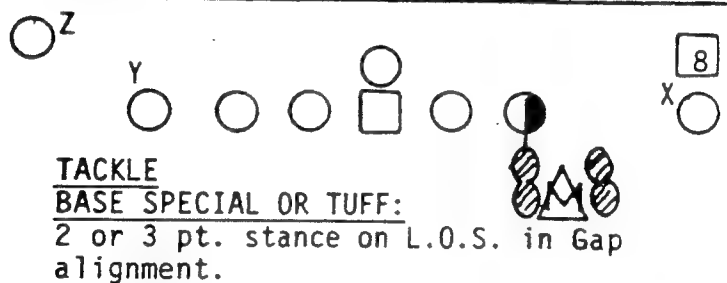
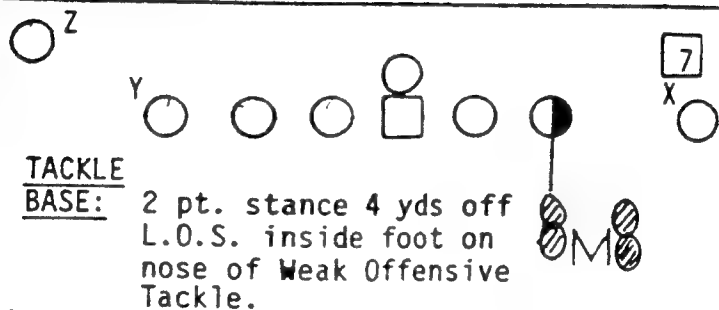
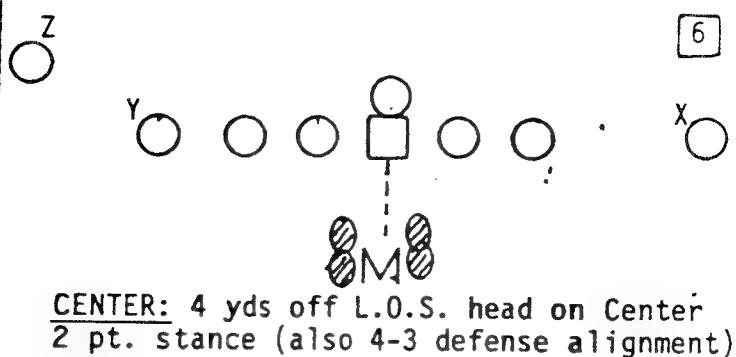
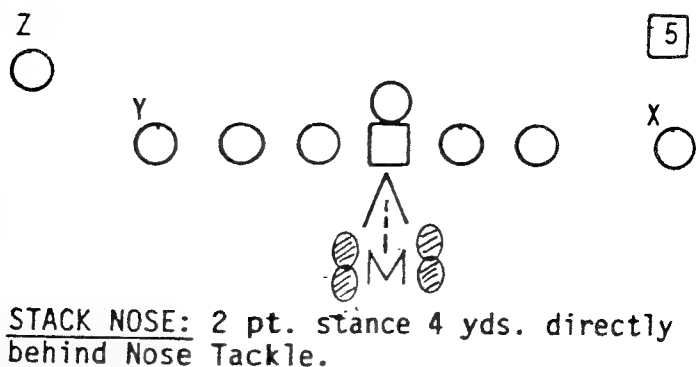
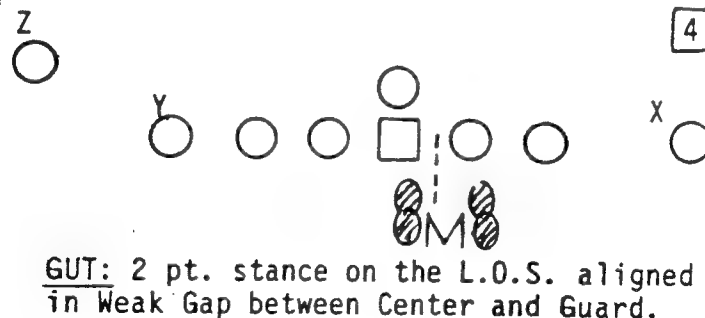
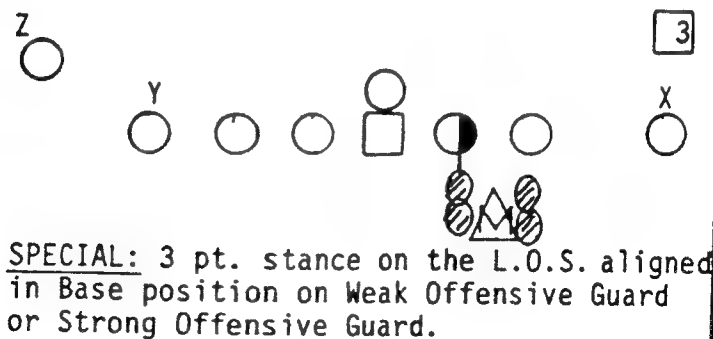
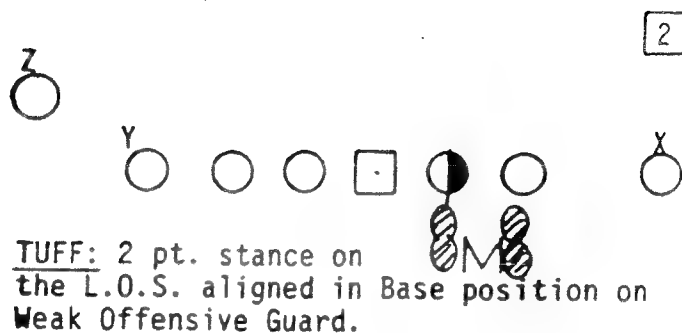
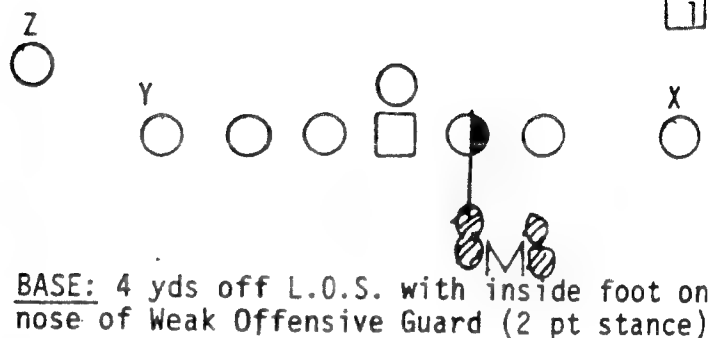
FULL SLIDE ADJUSTMENT: For Zip and Mike.

10

VIKING: 3 pt. stance - your outside leg on inside leg of TE (outside leg back) Note: Base align on OT.

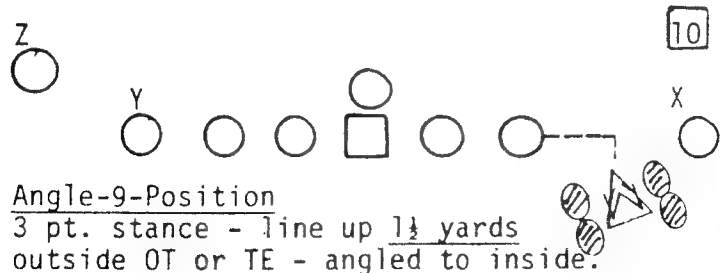
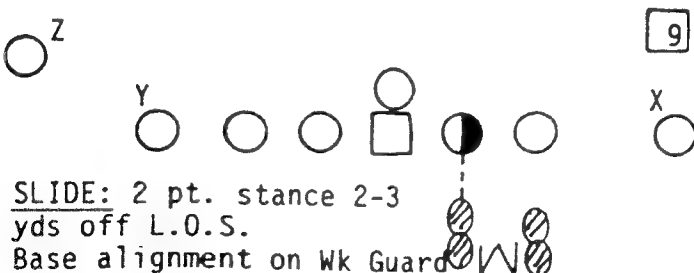
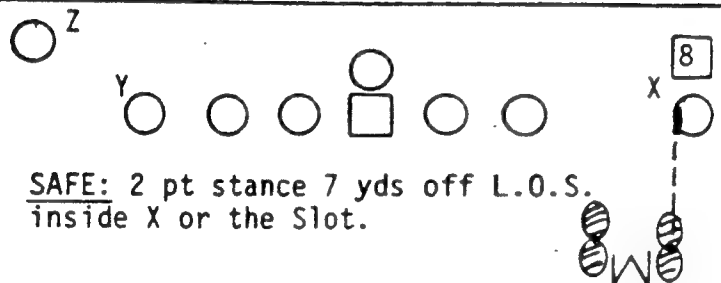
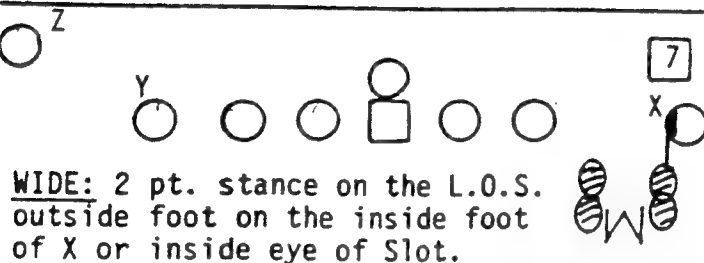
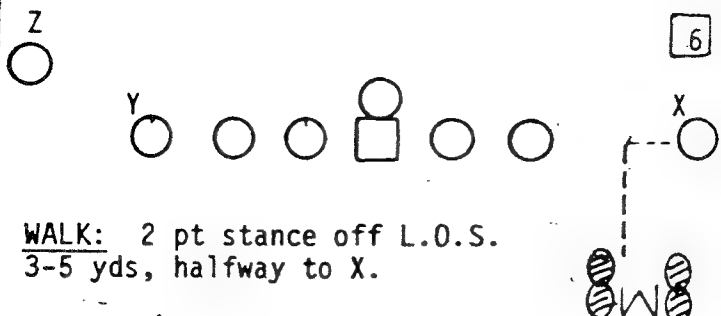
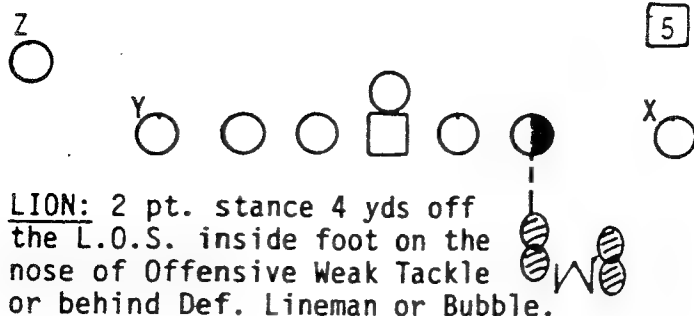
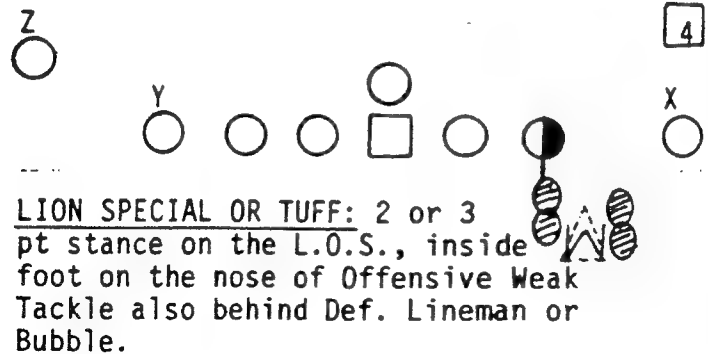
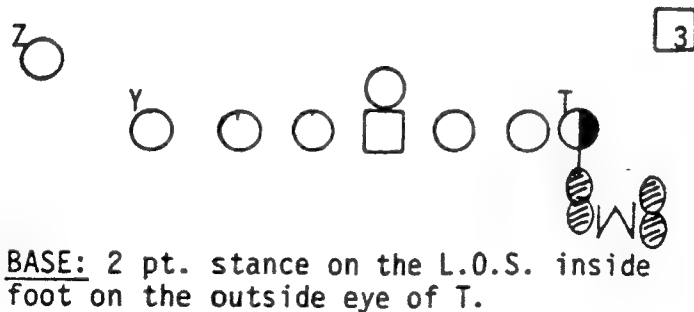
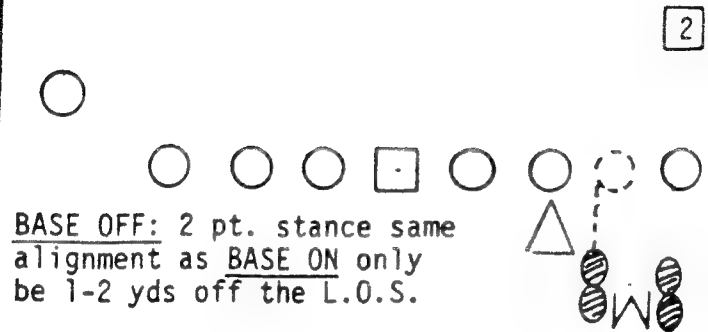
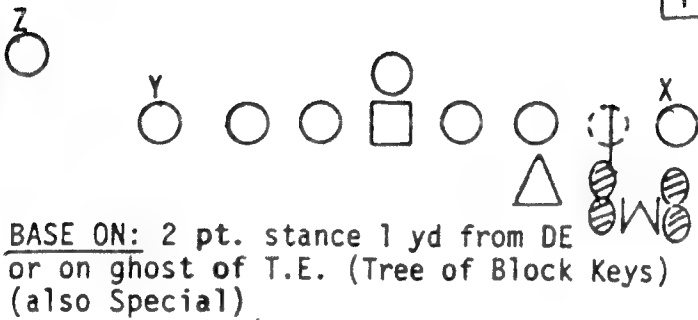
MIKE BACKER LOCATIONS

NOTE: By call Mike could play other LB positions



NOTE: By call Will could play other LB positions.

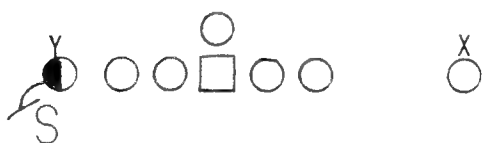
WILL BACKER LOCATION



(NOTE: If two TE's, Will has same Tree of blocks as Sam)

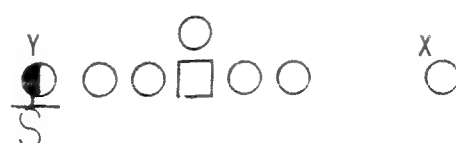
SAM BACKER TREE OF BLOCKS AND PROGRESSION

1 T.E. HOOK BLOCK



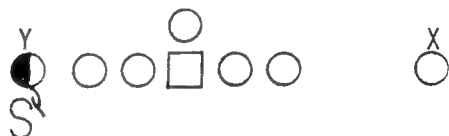
Quick jab step with outside foot two hand shiver fight through TE head and upfield keeping TE head up - always be ready to use throw off.

2 T.E. DRIVE BLOCK



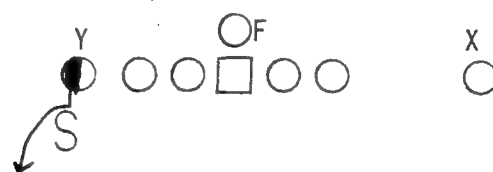
Two hand shiver control and drive TE backward Stay head to head and do not take a side - control the L.O.S.

3 TE BLOCKS OUT



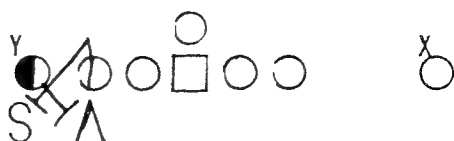
Two hand shiver stuff TE down to close the six hole keeping the proper leverage on the T.E.

4 TE - INFLUENCE WITH BOB BLOCK



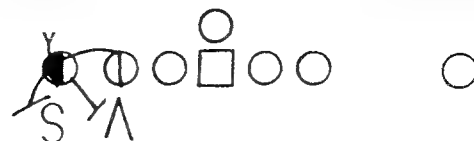
Take jab step out to honor Hook Block then read influence and come back to Bob Block with possible Force leverage.

5 TE DOWN BLOCK - TACKLE X (E.A.T.)



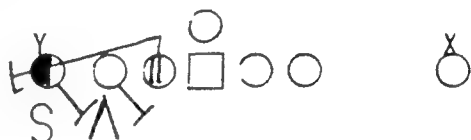
Step down close the six hole - meet tackle with inside forearm/shoulder - possible to use off shoulder (stuff).

6 TE DOWN BLOCK - TACKLE LOG (E.A.T.)



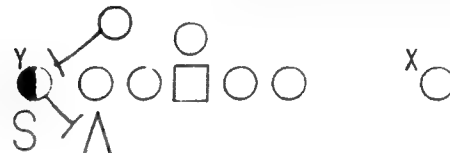
Step down close the six hole - 2 hand shiver the Tackle, keeping proper leverage on Tackle - don't be hooked.

7 T.E. DOWN BLOCK - 'G' TRAP



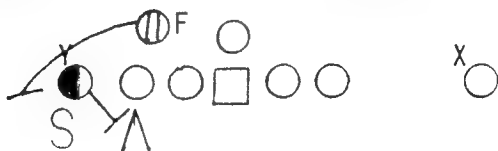
Step down close six hole. Meet Guard with inside forearm/shoulder - possible to use off shoulder (stuff).

8 T.E. DOWN BLOCK-BOB BLOCK-INSIDE/OUT



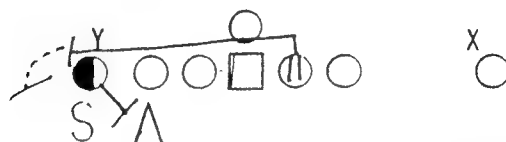
Step down close six hole, penetrate running lane. Be prepared to meet Back with inside forearm or two hand stuff.

9 T.E. DOWN BLOCK - BOB LOG - HOOK



Step down close six hole - Penetrate running lane. Be prepared to meet Back two hand shiver. Don't be hooked.

10 T.E. DOWN BLOCK - 'O' TRAP OR LOG

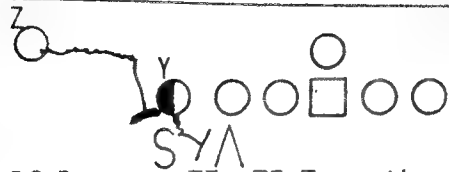


Step down close six hole. Meet 'O' Guard with inside forearm/shoulder - if being logged use two hand shiver - keep leverage on the Guard.

SAM BACKER TREE OF BLOCKS AND PROGRESSION			
<p>T.E. DOWN BLOCK-BOB INFLUENCE-'G' TRAP</p> <p>On any combination block with shallow pull by Guard always honor Guard.</p>	1	2	<p>T.E. DOWN BLOCK-BOB BLOCK-'O' LEAD</p> <p>Step down close six hole - take on Back with inside forearm/shoulder - possible (stuff).</p>
<p>T.E. DOWN BLOCK-BOB LOG-'G/O' PULL</p> <p>Step down-read Guard deep pull - take on Log block by Back two hand shiver - don't be hooked or cut.</p>	3	4	<p>T.E. DOWN BLOCK - WING DOWN (W.A.Y.)</p> <p>If playing Base on TE use forearm Slip technique on Wing. If Base on Wing possible use of Jam or Split tech. on Wing.</p>
<p>T.E. DRIVE - WING DBL - (W.A.Y.)</p> <p>If Base on TE Jam TE then Jab step with inside foot to Wing. Hold point. If Base on Wing-use Jam or Split on Wing.</p>	5	6	<p>T.E. DOWN-WING INFL.-BOB INFL.-'G' TRAP</p> <p>If Base on TE close six hole. Jab step to Wing and Bob Block then step to 'G' Guard with inside forearm/shoulder.</p>
<p>T.E. 'O' BLOCK - PASS OR DRAW</p> <p>Read tree of blocks - then go to pass coverage called. (Possible Hug-up technique)</p>	7	8	<p>T.E. DOWN - E.A.T. WALL</p> <p>Off. play is going away-depending on pursuit called-Chase - stuff TE down the L.O.S. - pursuit - use Club - slip on Tackle.</p>
<p>T.E. INFLUENCE-TEAM REACH MISCELLANEOUS BLOCKS FOR SAM</p>			<p>T.E. DOWN-'O'/T'-COUNTER TRAP</p> <p>Step down close six hole. Push TE then use stuff technique on 'O' Guard. Penetrate hard down the L.O.S.</p>
<p>Jab step out with TE hook influence then read tree - tackle Log block two hand shiver on Tackle - don't be hooked.</p>			

SAM BACKER TREE OF BLOCKS AND PROGRESSION

T.E. INFLUENCE DOWN "Z" CRACK MOTION



If Base on TE, TE Tree then step to Wing
Use Club slip on Wing - or - go to Close
Wing alignment - use Split or Club Slip
Technique.

1

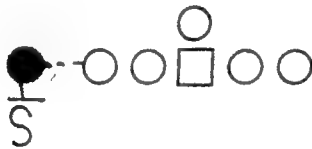
2

T.E. OFF L.O.S. OR IN BACKFIELD



Read TE tree of Blocks - be alert for
motion. If motion use 'Will' tree of
blocks.

T.E. FLEX

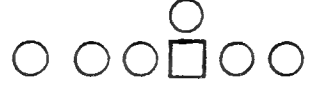
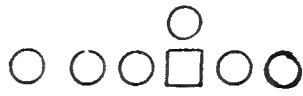


Head up alignment - play TE tree of
blocks.

3

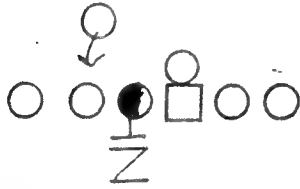


NOTE: 'Will' Backer can have same tree
of blocks as Sam.



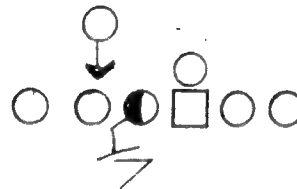
ZIP BACKER TREE OF BLOCKS-KEYS-NEAR BACK THROUGH STRONG GUARD, TACKLE CENTER, OFF. GUARD

GUARD DRIVE



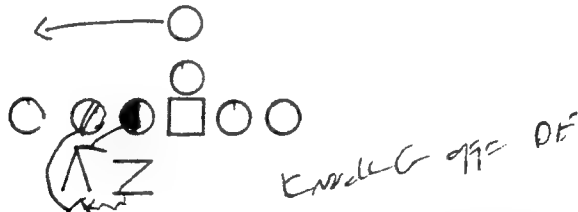
Attack Guard with inside shoulder and double hand shiver. Control LOS shed blocker when ball carrier commits.

GUARD HOOK BLOCK



Attack Guard with inside shoulder and double hand shiver. Control LOS-shed blocker when ball carrier commits.

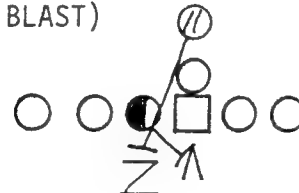
T.A.G. REACH BLOCK



Shuffle to hip position behind Def. End. Collision G or T as he comes off. Read Back to fill or pursue.

GUARD DOWN BLOCK - BACK LEAD

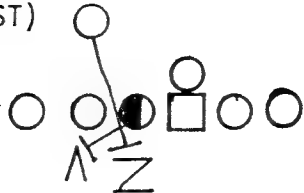
(COG BLAST)



Attack up and collision Back with inside shoulder and double hand shiver. Squeeze to inside trying to attack back across the L.O.S.

GUARD OUT BLOCKS - BACK LEAD

(FAN BLAST)



Attack up and collision Back with inside shoulder double hand shiver squeeze to inside, trying to attack back across the L.O.S.

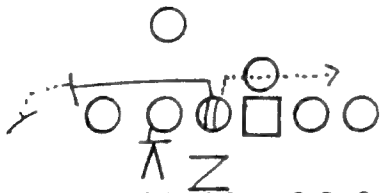
GUARD OUT BLOCK

(TAG "T" WIPE)



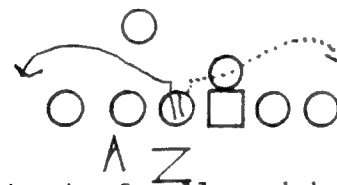
Step up and collision offensive tackle with inside shoulder and double hand shiver - squeeze to inside.

GUARD PULL SHALLOW



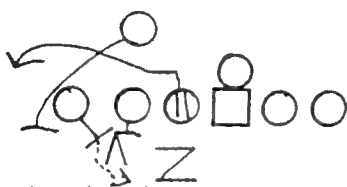
Move to outside hip of Def. End - be ready to collision pulling Guard when he turns up or pursue to point of attack (Call Trap)

GUARD PULLS DEEP



Check depth of pull, quick pursuit to the ball. Think wide play, don't over run. Have an inside/out angle (call Sweep/Toss).

GUARD PULLS DEEP - (Y) T.E. BLOCKS DOWN



Check depth of pull - move to outside hip of Def. End - collision T.E. or Slip technique and work to point of attack.

GUARD PASS BLOCK

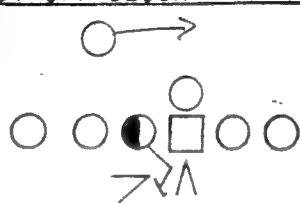


Go to Pass Coverage - Check for Draw.

ZIP BACKER TREE OF BLOCKS-KEYS NEAR BACK THRU STRONG GUARD, CENTER, OFF. GUARD

1 GUARD CUT OFF BLOCK

(SCOOP)



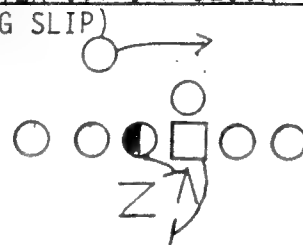
Attack Guard with outside shoulder and double hand shiver - also possible slip.

1

2

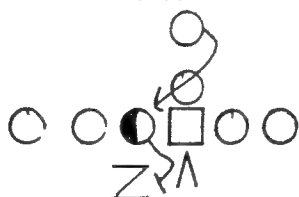
CENTER CUT OFF BLOCK

(COG SLIP)



Rip through Center's block defeating the cutoff angle - also possible slip.

3 COG CUTBACK (K.C. TECHNIQUE)

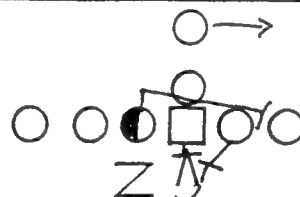


Attack Guard square using double hand shiver. Position yourself to play two gap base.

3

4

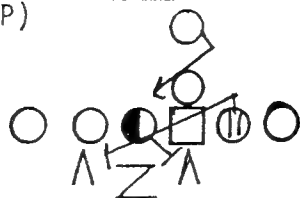
GUARD PULLS SHALLOW WEAK



Mirror Guard's pull and rip through off Guard's block - also possible slip.

5 GUARD BLOCK DOWN-OFF GUARD PULL STRONG

("G" TRAP)



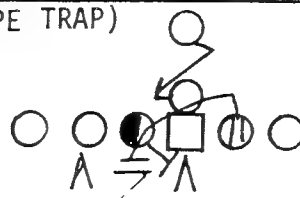
Shuffle to Stack position behind Def. End and be ready to collision TE or Off. Tackle with outside shoulder.

5

6

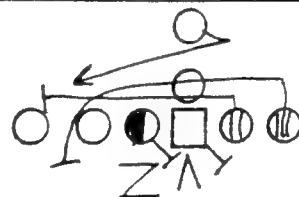
GUARD BLOCK DOWN-OFF GUARD PULLS STRONG

("O" WIPE TRAP)



Attack Off Guard with inside shoulder and double hand shiver squeeze to inside.

7 GUARD BLOCK DOWN-OFF GUARD TACKLE ROLL

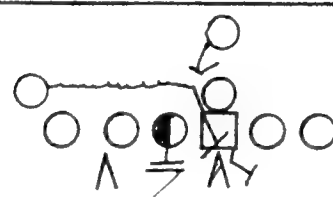


React back to outside hip of your Def. End, Collision pulling linemen at Off. Tackle area.

7

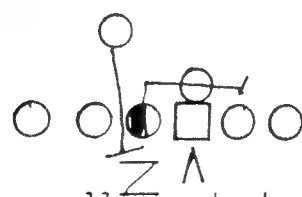
8

GUARD DRIVE BLOCK - Y BANG NOSE



Move to tuff position - yell "Bang" - collision Guard with outside shoulder and double hand shiver position to play two Gap Base.

9 GUARD PULLS WEAK - BACK LEADS

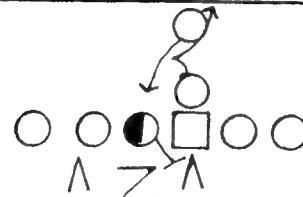


Attack up collision back with inside shoulder and double hand shiver squeeze to inside - try to attack back across the L.O.S.

9

10

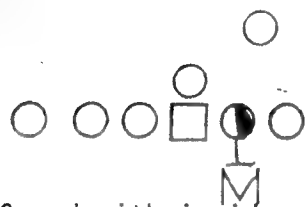
GUARD BLOCK DOWN - PLAY ACTION PASS



Play run tree of blocks first - react back to pass coverage assignment and technique.

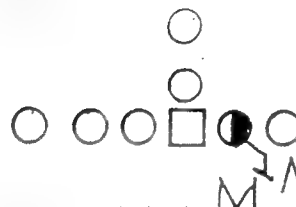
MIKE BACKER TREE OF BLOCKS-KEYS NEAR BACK THRU GUARD, TACKLE, CENTER, OFF. GUARD

1 GUARD DRIVE BLOCK



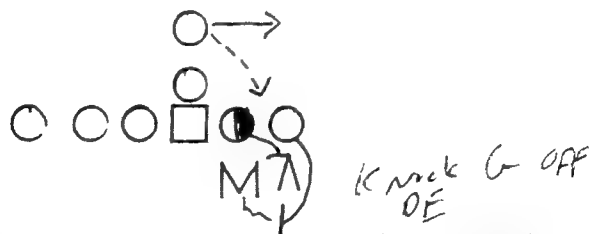
Attack Guard with inside shoulder & double hand shiver-control LOS - shed blocker when ball carrier commits.

2 GUARD HOOK BLOCK



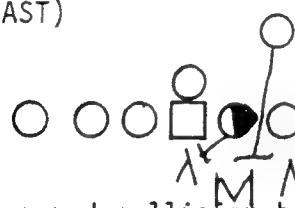
Attack Guard with inside shoulder and double hand shiver. Control LOS-shed blocker when ball carrier commits.

3 TAG REACH BLOCK



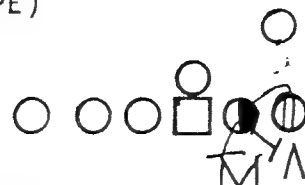
Shuffle to hip position behind your Def. End. Collision G or T as he comes off. Read back to fill or pursue.

4 GUARD BLOCK DOWN-BACK LEAD (COG BLAST)



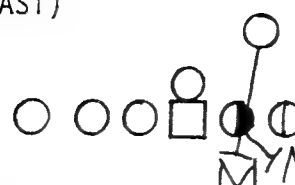
Attack up and collision back with inside shoulder and double hand shiver squeeze to inside trying to attack back across the L.O.S.

5 GUARD BLOCK OUT - TACKLE WIPE (TAG WIPE)



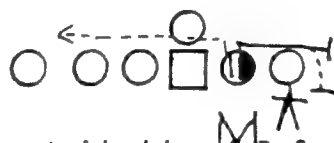
Step up and collision tackle with inside shoulder and double hand shiver - squeeze to inside.

6 GUARD BLOCK OUT - BACK LEAD (FAN BLAST)



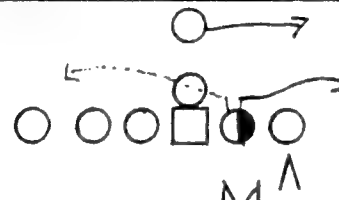
Attack up-collision back with inside shoulder and double hand shiver - squeeze to inside. Try to attack back across the L.O.S.

7 GUARD PULLS SHALLOW - (TRAP)



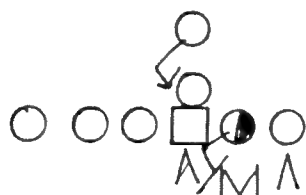
Move to outside hip of Def. End - step up collision Guard or be aware of T.E. down block or make the Tackle at trapping area.

8 GUARD PULLS DEEP - (SWEEP/TOSS)



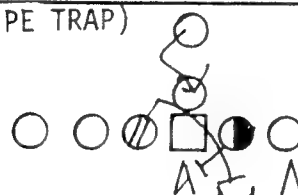
Check depth of pull. Quick pursuit to the ball. Don't over run, fill (45°) inside out angle.

9 COG CUTBACK (K.C. TECHNIQUE)



Attack Guard square using double hand shiver. Position yourself to play two gap base.

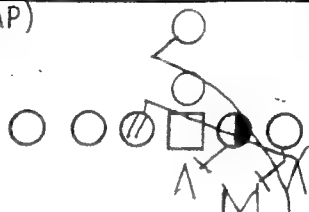
10 OFF GUARD PULLS WEAK-WITH DOWN BLOCK ("O" WIPE TRAP)



React back and attack off Guard (onwiper trap) with inside shoulder and double hand shiver squeeze to inside.

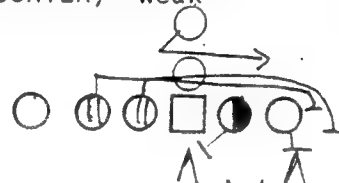
MIKE BACKER TREE OF BLOCKS-KEYS NEAR BACK THRU GUARD, TACKLE, CENTER, OFF GUARD

1 OFF. GUARD PULL WEAK - SHALLOW PULL
("O" TRAP)



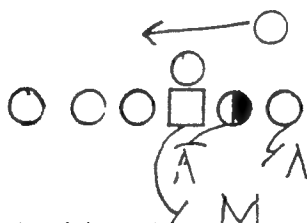
Shuffle to inside hip of your Def. End-step up and collision Off. Tackle with inside shoulder and double hand shiver.

2 OFF TACKLE/GUARD PULL WEAK
(O.T. COUNTER)- Weak



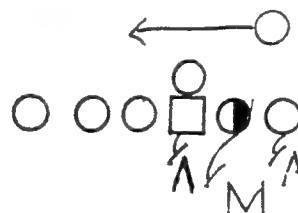
React back to hip of your Def. End collision first pulling lineman to challenge you in 3 Gap or 5 Gap.

3 COG - SLIP BLOCK



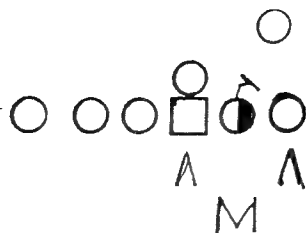
Shuffle to hip of Nose be ready to rip through Center's block defeating cut off angle. Possible slip.

4 GUARD CUT OFF BLOCK



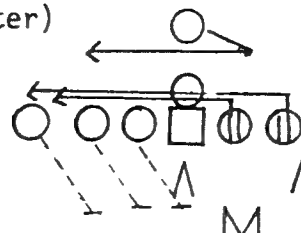
Attack Guard with outside shoulder and double hand shiver. Possible slip.

5 GUARD PASS BLOCK



Go to pass coverage - Check for Draw

6 OFF. TACKLE/GUARD PULL STRONG
(OT Counter)

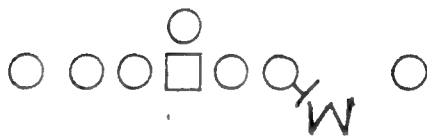


Follow pulling Guard to inside Guard. Be aware of cutoff block by the OG, OT or TE. Don't let Back influence you)



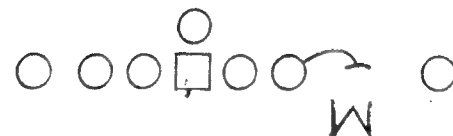
WILL BACKER - TREE OF BLOCKS AND PROGRESSION

1 TACKLE BLOCKS OUT



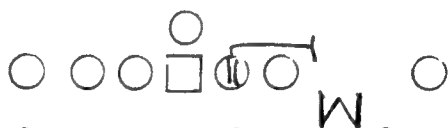
Step down close seven hole, use inside forearm shoulder. Stay on the L.O.S., don't get upfield.

2 TACKLE LOG BLOCK



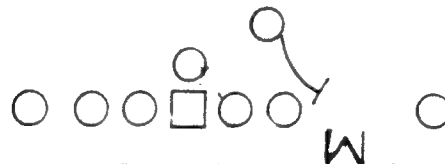
Jab step with outside foot two hand shiver tackle keeping leverage on tackle working upfield. Don't be hooked or cut.

3 "G" TRAP



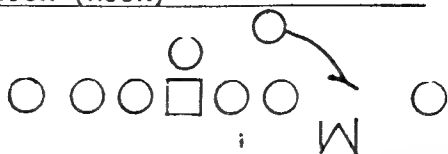
Step down close seven hole, meet Guard with inside forearm-shoulder on the L.O.S. Possible to use off shoulder (Stuff)

4 BOB BLOCK - INSIDE OUT



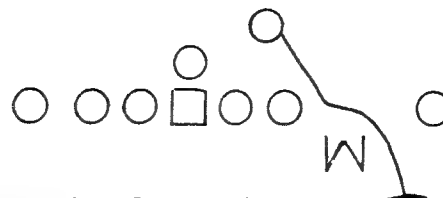
Attack running lane, be prepared to meet back with inside forearm or two hand shiver - possible to use off shoulder (Stuff)

5 BOB LOG BLOCK (HOOK)



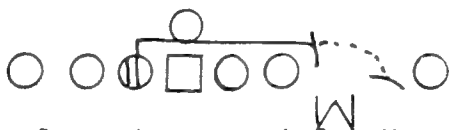
Attack running lane, be prepared to meet back with two hand shiver with kick back technique. Don't be hooked or cut.

6 BOB - INFLUENCE - BLOCK



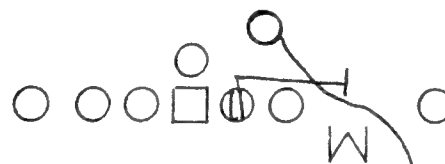
Attack running lane - be prepared to take on Bob Block. After influence close down 7 hole - look for possible Trap.

7 "O" TRAP OR LOG



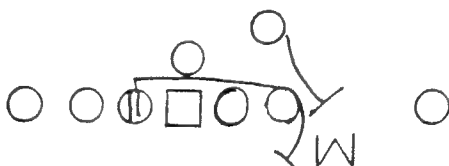
Step down close the seven hole. Meet "O" Guard with inside forearm/shoulder - if being logged use two hand shiver. Keep leverage on the Guard.

8 BOB INFLUENCE - "G" TRAP



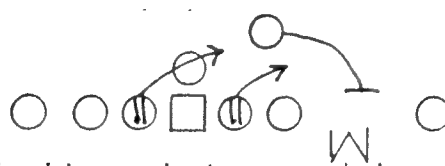
On any combination block with a shallow pull by Guard, always honor the Guard, close down the seven hole (Stuff)

9 BOB BLOCK "O" LEAD



Step down close seven hole - take on back with inside forearm/shoulder - try to take back into "O" Guard running lane.

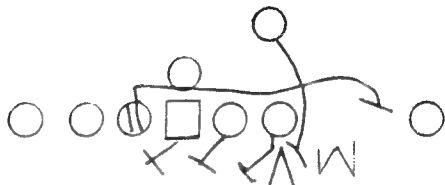
10 BOB BLOCK - G/O - DEEP PULL



After inside read step, read deep pull by Guards. Take on Log Block by back. Two hand shiver keep leverage on back - don't be hooked or cut.

WILL BACKER TREE OF BLOCKS AND PROGRESSION

BILL BLOCK - "O" LOG

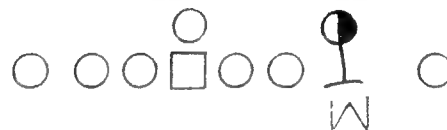


Read step with inside foot - close down seven hole, pick up "O" Guard - use two hand shiver. Keep leverage on Tackle.

1

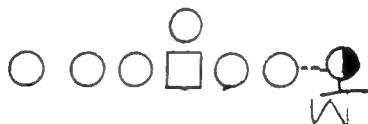
2

DBL. FORMATION - SAME AS T.E. TREE



Base alignment using the tree of block reads.

NASTY X - USE TE TREE OF BLOCKS

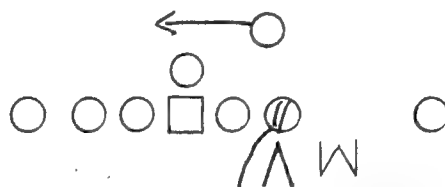


Head up alignment on Nasty - X using T.E. tree of blocks reads

3

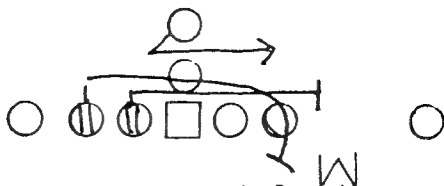
4

TACKLE - WALL OFF BLOCK



Offensive play is going away depending on pursuit called Chase-pursue on Off. side of ball - Pursuit - use Club slip on tackle

"O/T" COUNTER TRAP

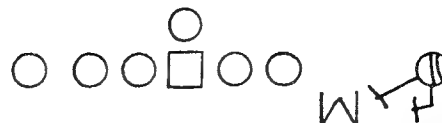


Step down to close seven hole then use off shoulder (stuff tech.) penetrate hard down the L.O.S.

5

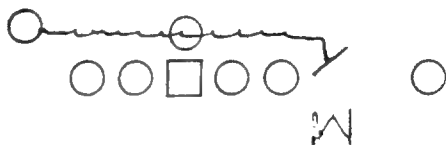
6

X-CRACK OR BUCKET CRACK



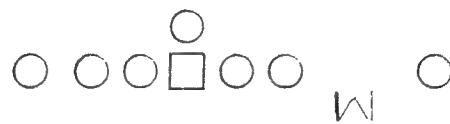
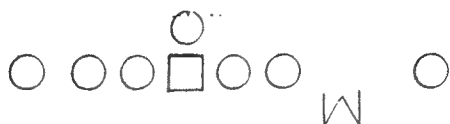
If X is using Normal Crack block use Club-Slip tech. through head of X - if Bucket Crack penetrate upfield - avoid the crack.

H-TH-Z-S-MOTION BLOCK



Any motion by a back or receiver, motioning back to DbL. position, treat it as an Out Block - TE tree of blocks.

7

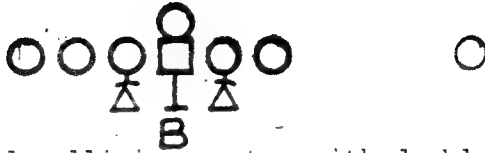


NOTE: Sam Backer can have same tree of blocks as Will.

ZIP-MIKE LINEBACKER KEY AND PROGRESSION (EVEN FRONT) KEY CENTER THRU GUARDS TO STR. BACK

CENTER DRIVE BLOCKS

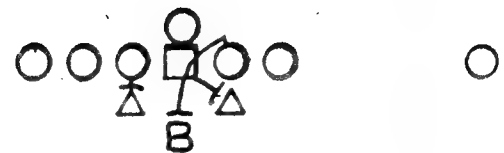
1



Step up and collision center with double hand shiver. Stay frontal. Control LOS. Do not take a side. Make ball carrier commit before you shed.

COG FOLD

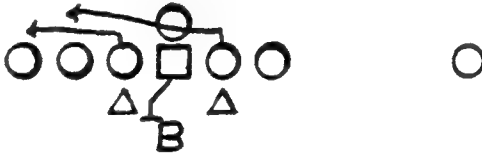
2



Step up and collision guard with double hand shiver.

CENTER CUTOFF BLOCK-BOTH GUARDS PULL

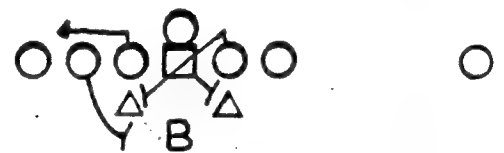
3



Attack center with opposite shoulder and double hand shiver in direction you are going. Quick pursuit on inside/out angle.

GUARD INFLUENCE "O" TRAP

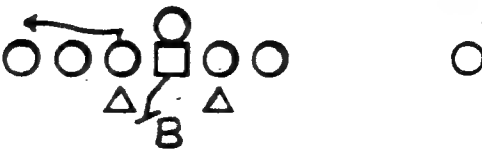
4



Step up read flow.

CENTER HOOK BLOCK - STR. GUARD PULL

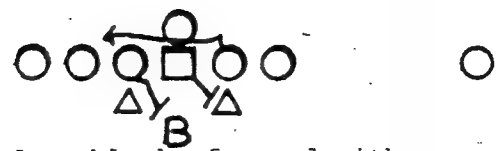
5



Same as above.

GUARD "O" TRAP OR SWEEP

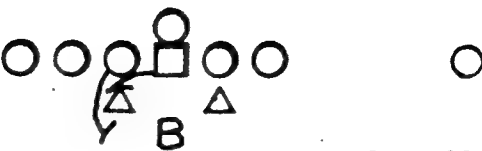
6



Collision down block of guard with opposite shoulder and double hand shiver in direction you are going. Read flow for cutback or inside play.

COG REACH BLOCK

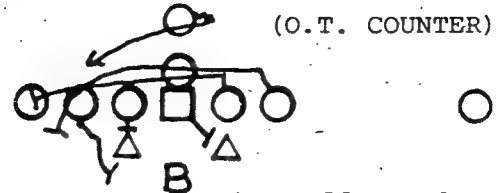
7



Shuffle to stack behind stg. guard. Collision guard with opposite shoulder & double hand shiver in direction you are going. Quick pursuit inside/out.

OFF GUARD & TACKLE PULL

8



(O.T. COUNTER)

React back for counter when off guard pulls. Look for tackle. Get depth play thru face of tackle with opposite forearm & shoulder.

CENTER REACH - BOTH GUARDS PULL

9



Move outside. Look for tackle or TE. Get depth - play thru face with opposite forearm & shoulder in direction you are going. Quick pursuit.

CENTER SHALLOW PULL

10



React out and collision guard with opposite shoulder & double hand shiver in direction you are going. Read flow for cutback.

GUARD "O" TRAP

11



Collision stg. guard with opposite shoulder and double hand shiver in direction you are going.

PASS BLOCK

12

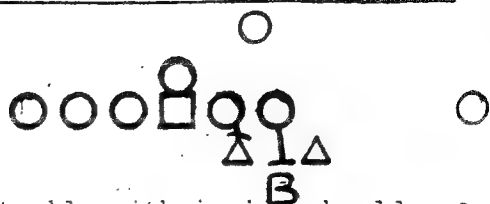


Go to pass coverage. Check draw.

LION LINEBACKER KEY AND PROGRESSION-KEY TACKLE THROUGH NEARBACK GUARD

TACKLE DRIVE BLOCKS

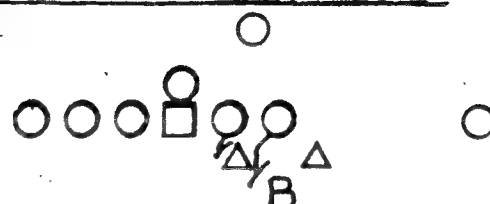
1



Collision tackle with inside shoulder & double hand shiver. Control LOS - shed blocker when ball carrier commits.

TACKLE SEAL BLOCK

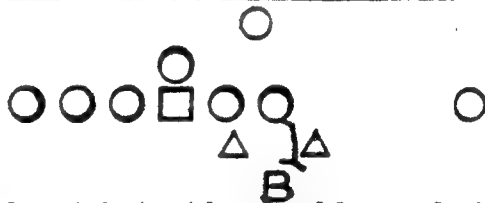
2



Collision tackle with outside shoulder & double hand shiver. Possible slip.

TACKLE HOOK BLOCK

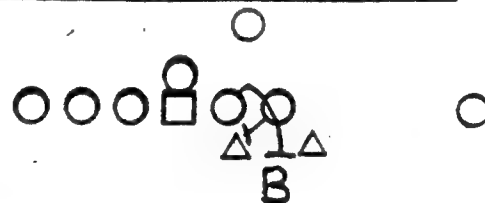
3



Attack tackle with inside shoulder & double hand shiver. Control L.O.S. - shed blocker when ball carrier commits.

TAG "G" WIPE BLOCK

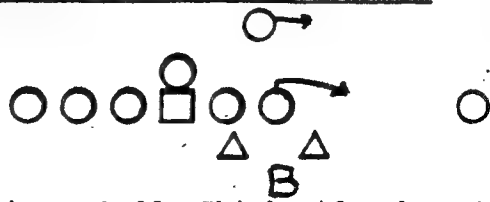
4



Step up and collision guard with inside shoulder and dbl. hand shiver-squeeze to inside. Position to play two gap base.

TACKLE PULLS

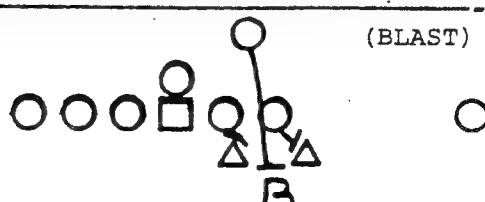
5



Quick pursuit to ball. Think wide play, but don't over run. Fill on inside-out angle.

TACKLE BLOCKS OUT BACK LEADS

6

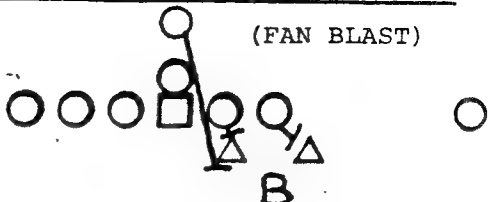


(BLAST)

Attack lead back with inside shoulder & double hand shiver. Squeeze to inside.

TACKLE AND GUARD BLOCKS OUT

7

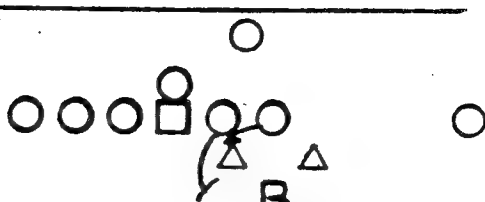


(FAN BLAST)

Attack lead back with inside shoulder and double hand shiver. Squeeze to inside

TAG SCOOP BLOCK

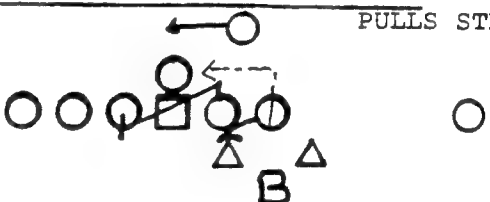
8



Shuffle to inside hip of defensive end. Collision guard with outside shoulder & double hand shiver.

TACKLE CUTOFF OR SHALLOW PULL - GUARD

9

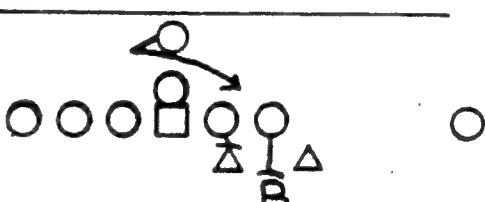


PULLS STR.

Quick pursuit to P.O.A.

TACKLE POSITION DRIVE BLOCK

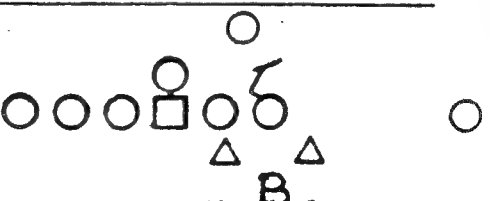
10



Collision tackle with double hand shiver and play two gap.

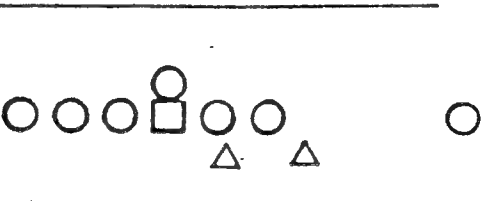
TACKLE PASS BLOCK

11



Go to pass coverage. Check for draw.

12



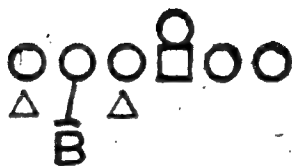
NOTE: Sam, Zip, Mike, Will - can be aligned in the Stack position tree of blocks.

STACK BACKER KEY AND PROGRESSION - KEY THROUGH TACKLE TO TE, GUARD, NEARBACK

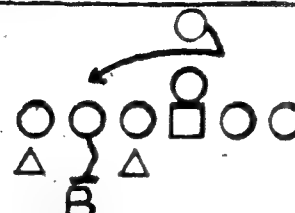
TACKLE DRIVE BLOCKS

1 2

TACKLE POSITION DRIVE



Meet tackle with inside shoulder & double hand shiver. Defeat block. Control L.O.S.



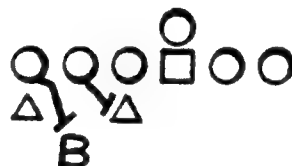
If Power formation flow weak-meet tackle with double hand shiver. Stay frontal & play two gap base.

TE AND TACKLE DOWN BLOCKS

3

TACKLE PULLS STG.

4



Meet TE with inside shoulder/double hand shiver. Defeat block, control L.O.S.



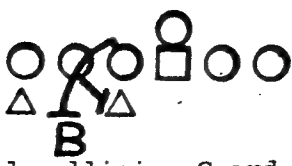
Quick pursuit to ball on inside/out angle.

TACKLE DOWN BLOCKS, GUARD WIPES

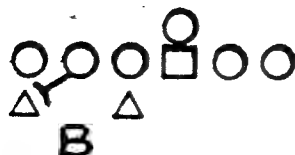
5

TACKLE OUT BLOCKS

6



Step up and collision Guard with inside shoulder/double hand shiver. Force upfield keeping inside leverage on ball.



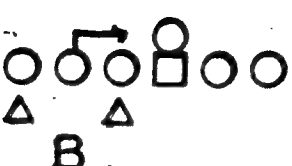
Step up - meet first blocker with inside shoulder/double hand shiver. Squeeze to inside.

TACKLE PULLS WEAK

7

TACKLE PASS BLOCKS

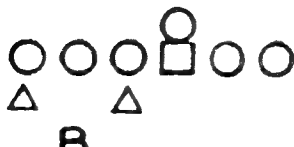
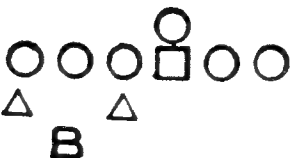
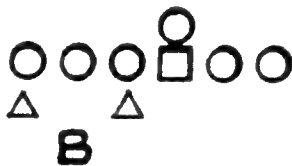
8



Get to quick pursuit



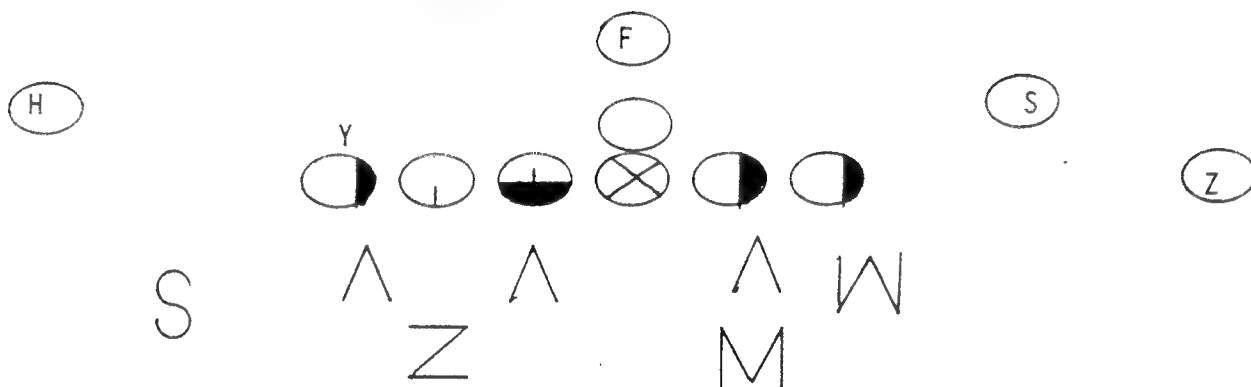
Get to pass coverage - check draw.



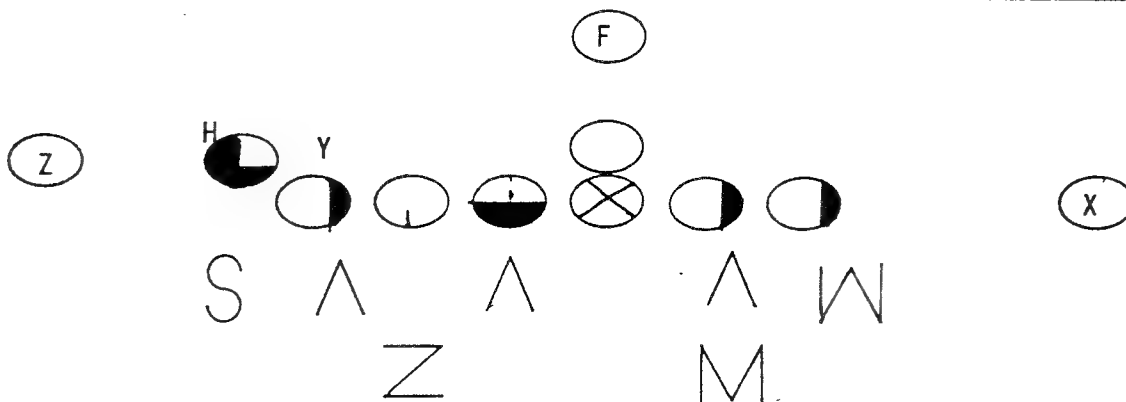
NOTE: Sam, Zip, Mike, Will - can be aligned in the Stack position tree of

LINEBACKER SLIDE ADJUSTMENT

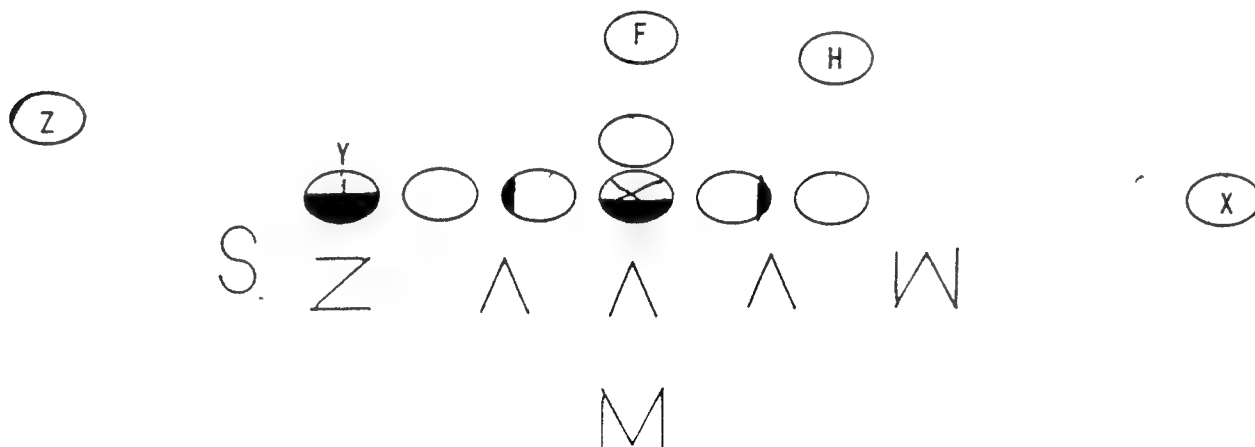
1. Cov. #4 vs. Slot Db1. (From Base to Alert Call - "Geronimo Slide")



2. Cov. #2 or Cov. #2-4 vs. Trips to Alert Call - "Geronimo Slide"



3. Huddle Call - "Db1. Gap Slide" -(Line up in the Front)

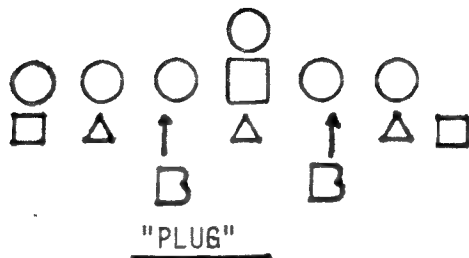


30 FRONT RUN RESPONSIBILITIES

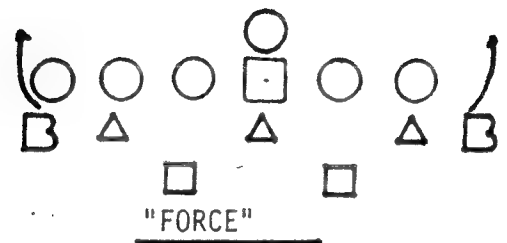
INSIDE BACKERS

OUTSIDE BACKERS

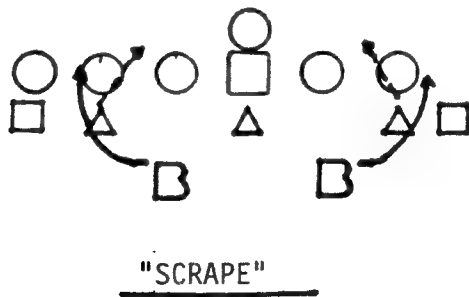
1



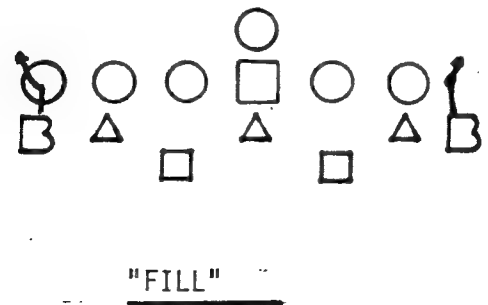
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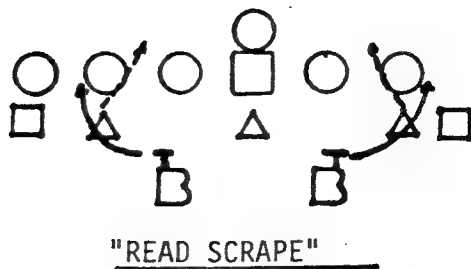
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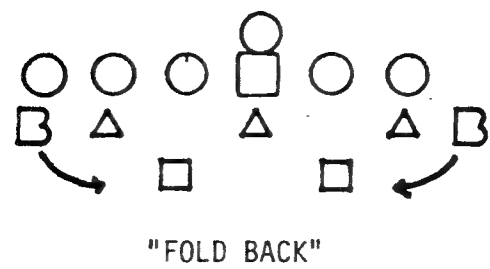
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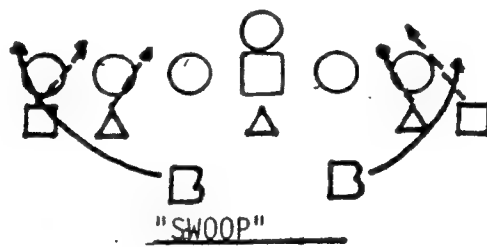
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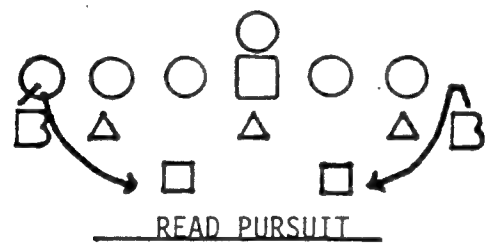
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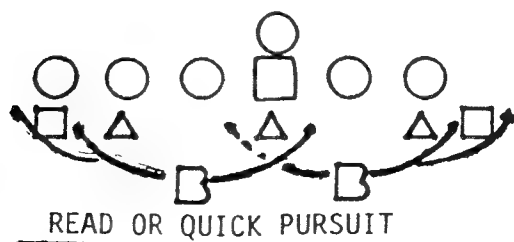
7



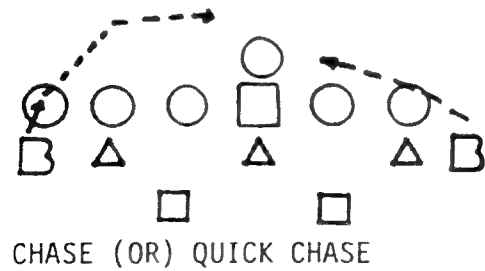
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9



10

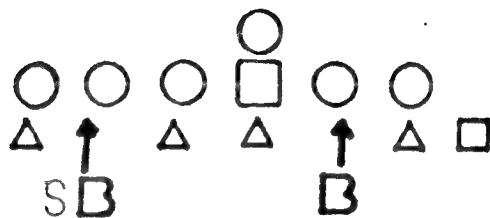


STACK - LION - COUGAR RUN RESPONSIBILITIES

STACK

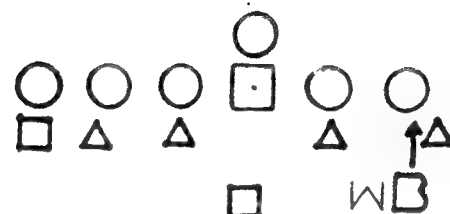
LION

1



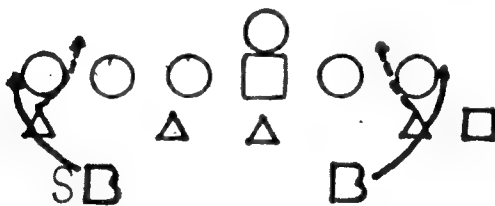
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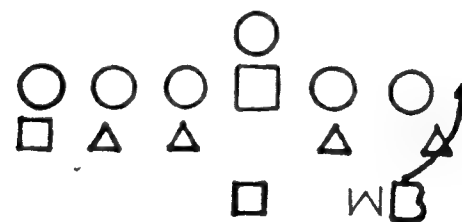
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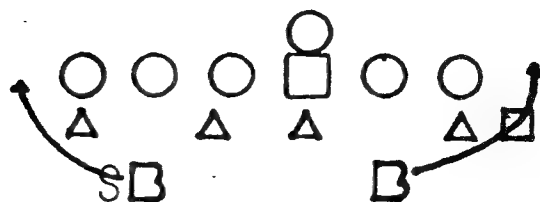
"SCRAPE"

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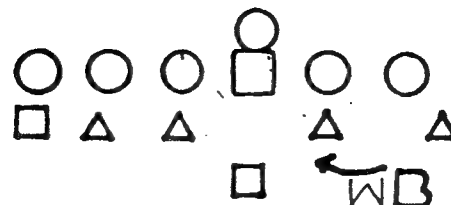
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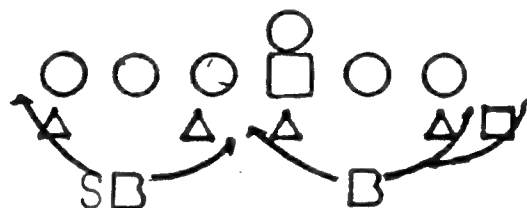
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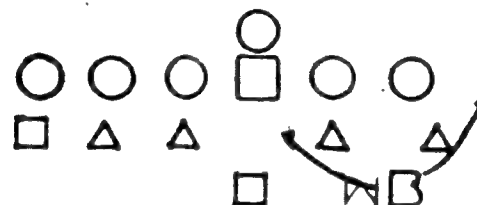
"FOLD BACK"

7



"READ OR QUICK PURSUIT"

8



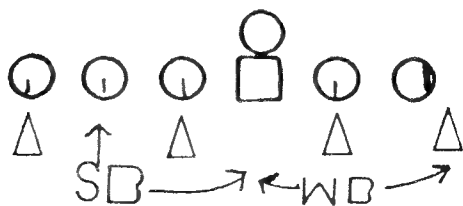
"READ OR QUICK PURSUIT"

COUGAR

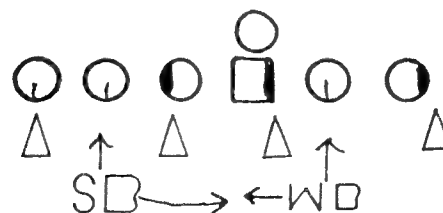
HEAVY COUGAR

9

10



"Plug" or Read or Quick Pursuit

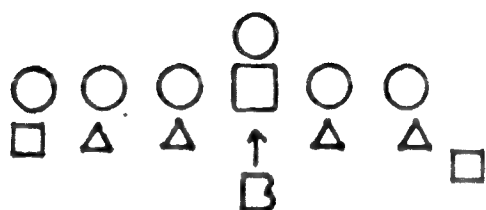


"Plug" or Read or Quick Pursuit

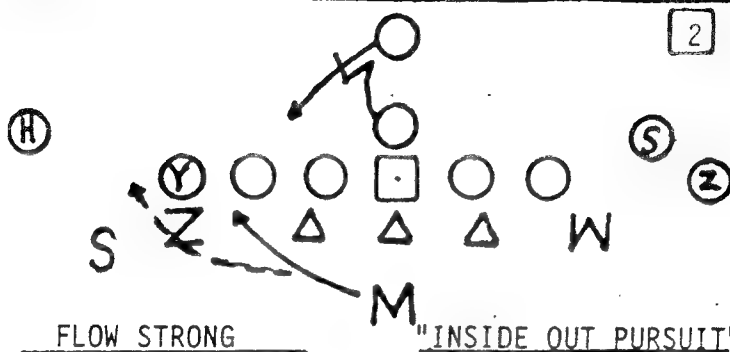
40 FRONT RUN RESPONSIBILITIES

SLIDE RUN RESPONSIBILITIES

INSIDE BACKER

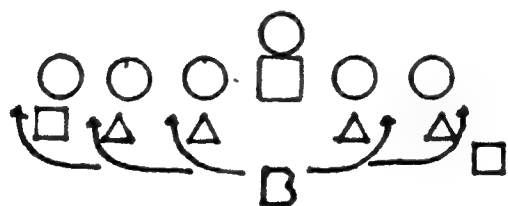


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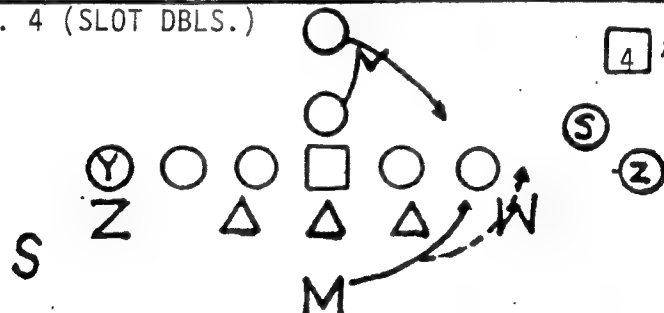
FLOW STRONG

"INSIDE OUT PURSUIT"



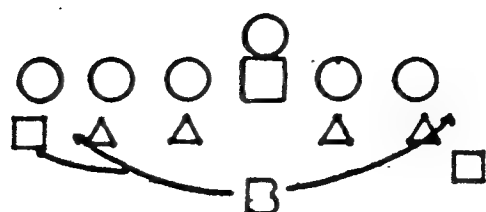
"INSIDE OUT PURSUIT"

COV. 4 (SLOT DBLS.)



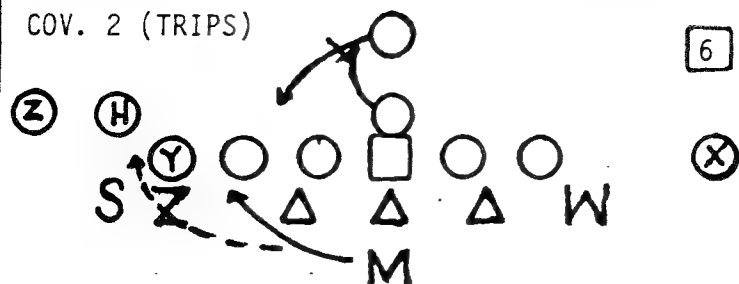
FLOW WEAK

"INSIDE OUT PURSUIT"



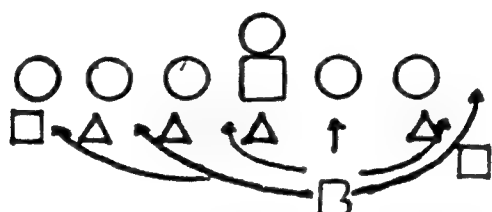
"QUICK PURSUIT"

COV. 2 (TRIPS)



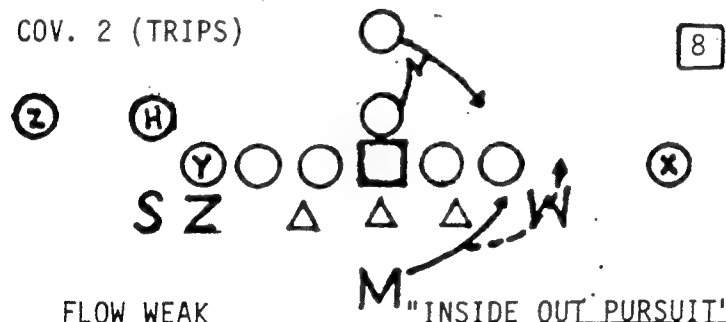
FLOW STRONG

"INSIDE OUT PURSUIT"



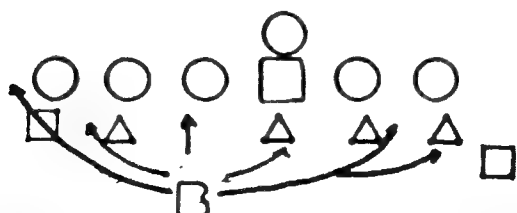
"OVER DEFENSE" - COMBINATION PURSUIT

COV. 2 (TRIPS)



FLOW WEAK

"INSIDE OUT PURSUIT"



"UNDER DEFENSE" - COMBINATION PURSUIT

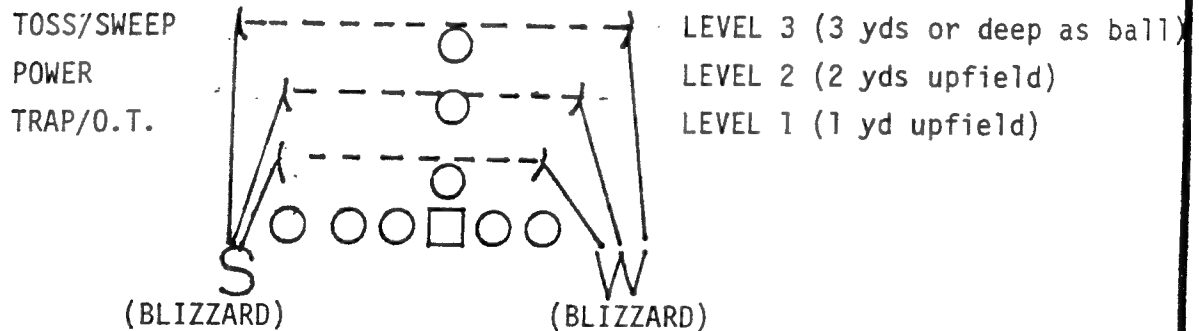
OUTSIDE LINEBACKER FORCE/FILL TECHNIQUE

3 LEVELS OF FORCE OR FILL =

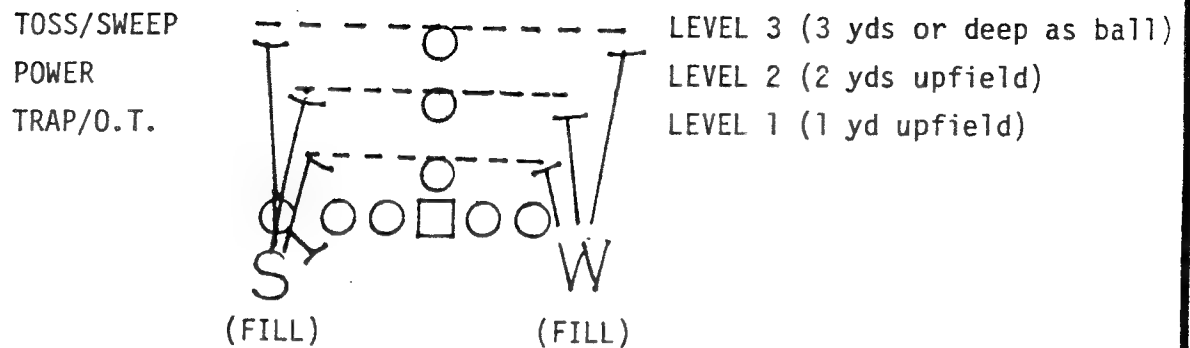
- LEVEL 1) TRAP/O.T.
- LEVEL 2) POWER
- LEVEL 3) TOSS/SWEEP

NOTE: LEVELS TO TAKE ON BLOCKER STAY CONSISTENT WHETHER YOU ARE FORCE OR CUTBACK, BUT THE LEVERAGE POSITION WE TAKE VS. THE BLOCKER CHANGES.

OLBER FORCE



OLBER FILL

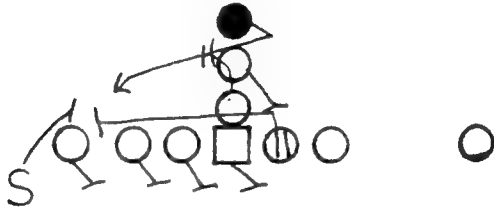


SAM - STRONG OUTSIDE LBER

LEVEL 1 TRAP (1 YD UPFIELD)

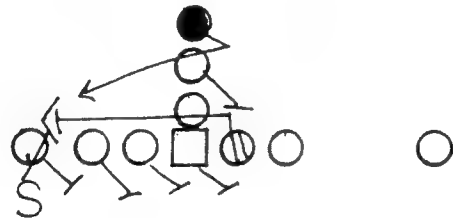
VS FORCE LBER (BLIZZARD)

STEP OUT AND SEE INSIDE FOR LINE PULL. SHALLOW PULL WILL ALERT YOU TO KICKOUT BLOCK FOR OFF-TACKLE PLAY. 'SQUEEZE' DOWN TO THE CUTBACK MAN. A TIGHT 'SQUEEZE' WILL CAUSE BALL TO BOUNCE TO S/S.



VS FILL LBER

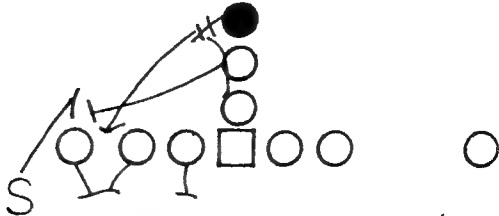
TAKE INSIDE JAB STEP WITH T.E. STAY SQUARE TO L.O.S. AND GET A PIECE OF T.E. SHALLOW PULL WILL ALERT YOU OF KICKOUT BLOCK FOR OFF-TACKLE PLAY. CONTINUE DOWN TO LEVERAGE MAN AND USE 'STUFF' TECHNIQUE ON BLOCKER. STRIP THE GUARD AND MAKE PLAY BOUNCE.



LEVEL 2 POWER (2 YDS UPFIELD)

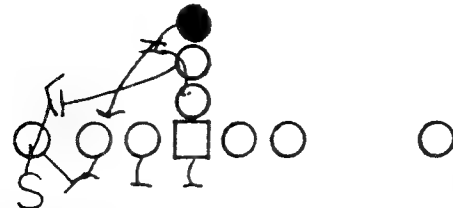
VS FORCE LBER (BLIZZARD)

STEP OUT AND SEE INSIDE TO TREE OF BLOCKS. READ DRIVE PATH BY BACK. ATTACK BLOCKER AT HIS DEPTH. 'SQUEEZE' CUTBACK AREA. A TIGHT SQUEEZE MAY CAUSE BALL TO BOUNCE.



VS FILL LBER

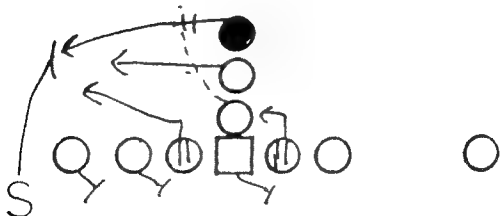
TAKE INSIDE JAB STEP WITH T.E. STAY SQUARE TO L.O.S. AND GET PIECE OF T.E. READ DRIVE PATH BY BACK. KEEP AREA BETWEEN CUTBACK AND LEVERAGE TIGHT. ATTACK THE BACK HEAD UP AT HIS DEPTH AND STUFF THE BACK.



LEVEL 3 TOSS (3 YDS UPFIELD OR DEEP AS BALL)

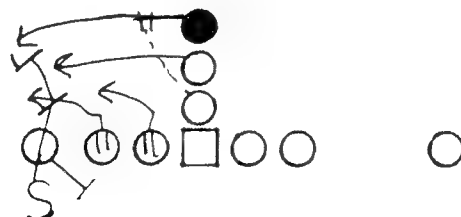
VS FORCE LBER (BLIZZARD)

STEP OUT AND SEE INSIDE FOR LINE PULL. DEPTH OF LOG PATH BY TACKLE WILL ALERT YOU TO OUTSIDE PLAY. ATTACK BLOCKER AT HIS DEPTH MAINTAINING OUTSIDE LEVERAGE. 'SQUEEZE' CUTBACK AREA AND FORCE BALL BACK INSIDE.



VS FILL LBER

TAKE INSIDE JAB STEP WITH T.E. STAY SQUARE TO L.O.S. AND GET A PIECE OF T.E. LOG PATH BY TACKLE WILL ALERT YOU TO OUTSIDE PLAY. ATTACK BLOCKER HEAD-UP AT HIS DEPTH. CONTROL BLOCKER SAME AS HOOK BLOCK. MAKE PLAY INSIDE OR OUT.

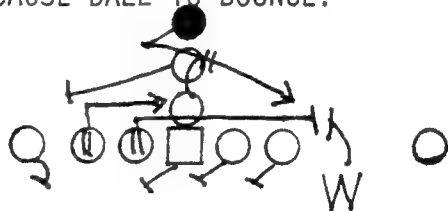


WILL - WEAK OUTSIDE LINEBACKER

LEVEL 1 'TRAP' (1 YD UPFIELD)

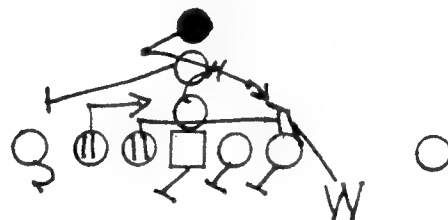
VS. FORCE LBER (BLIZZARD)

READ TREE OF BLOCKS. STEP UP AND MEET BLOCKER ON HIS SIDE OF L.O.S. AT HIS DEPTH. SHALLOW PULL WILL INDICATE KICKOUT BLOCK FOR OFF TACKLE. 'SQUEEZE' DOWN TO THE CUTBACK MAN. A GOOD 'SQUEEZE' WILL CAUSE BALL TO BOUNCE.



VS FILL LBER

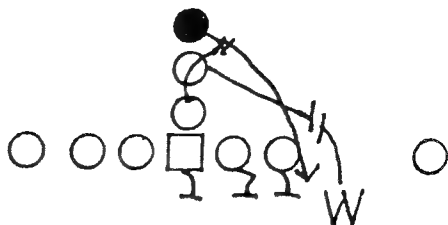
READ TREE OF BLOCKS. DEPTH OF PULL WILL TELL YOU KICKOUT PATH FOR OFF TACKLE PLAY. CONTINUE DOWN TO LEVERAGE MAN AND USE STUFF TECHNIQUE ON BLOCKER. STRIP THE GUARD AND MAKE PLAY BOUNCE.



LEVEL 2 POWER (2 YDS UPFIELD)

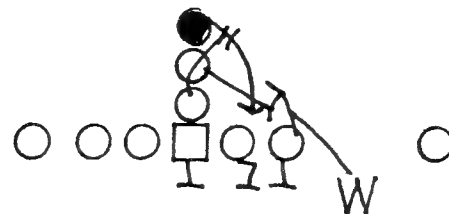
VS FORCE LBER (BLIZZARD)

READ TREE OF BLOCKS. STEP UP AND MEET BLOCKER AT HIS DEPTH. SQUEEZE THE CUTBACK AREA AND FORCE BALL CARRIER INSIDE.



VS FILL LBER

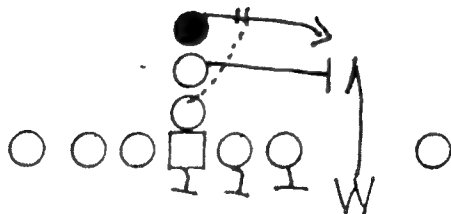
READ TREE OF BLOCKS. KEEP AREA BETWEEN CUTBACK AND LEVERAGE TIGHT. STEP UP AND ATTACK BLOCKER HEAD UP AT HIS DEPTH. SHED BLOCKER AND MAKE PLAY INSIDE OR OUT.



LEVEL 3 TOSS (3 YDS UPFIELD OR DEEP AS BALL)

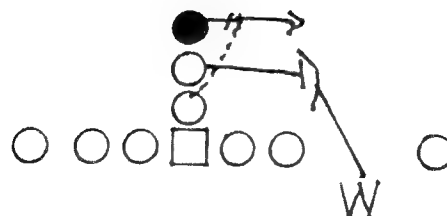
VS FORCE LBER (BLIZZARD)

READ TREE OF BLOCKS. STEP UP AND ATTACK BLOCKER AT HIS DEPTH. SQUEEZE THE CUTBACK AREA AND FORCE BALL CARRIER INSIDE.



VS FILL LBER

READ TREE OF BLOCKS. KEEP AREA BETWEEN CUTBACK AND LEVERAGE TIGHT. STEP UP AND ATTACK LEAD BLOCKER HEAD UP AT HIS DEPTH. SHED BLOCKER AND MAKE PLAY INSIDE OR OUT.



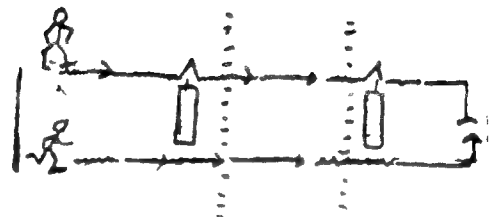
IX. LINEBACKER FILM STUDY

1. Always be able to watch the film from the best possible viewing position or facilities - (You must have complete concentration).
2. Always have a depth chart or game program to know the numbers of all the players you may be facing during the game.
3. Make a complete study of the man you will be playing over.
4. Make a complete study of the style of runner or receiver you will be facing.
5. Make a complete study of down and distance tendencies, and formation tendencies.
6. Get to know field position tendencies, and what they like to do from the various parts of the field.
7. Get to know their best plays, the plays they really count on when they want to make things happen.
8. Make a complete study of the blocking combinations and pass pattern combinations that you will face from your specific position.
9. Know who the big playmakers are, know who they rely on in the critical situations.
10. Get to know what kind of team you will be playing against.
Example: Power/or/Finesse
11. Make a complete study of the Q.B.:
 - a) Types of Handoffs
 - b) Types of Pass Drops
 - c) Does he watch his primary receiver?
 - d) Does he look you off?
 - e) Is he a scrambler or non-mobile type?
12. Review the Defenses you will use in the game, as you watch the film for the final review of your film study.

A. AGILITY DRILLS - USE OF BAGS

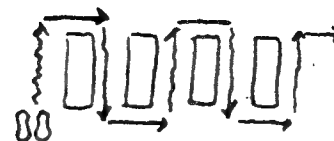
1. Mirror Crossfield

- "R" Runner faces crossfield and runs & jogs changing his pace for the linebacker who is mirroring him crossfield. When he approaches the bags he should slow down and then speed up.
- Linebacker mirrors runner crossfield staying on his back hip.
- Keeping shoulders parallel the line the linebacker should stay in shuffle as long as he can. When runner gains on him, he should cross over run until he catches up to back hip and then shuffle.
- At each bag, linebacker should use cut block tech on bag and recover quickly back into shuffle or cross over run.
- At end of drill runner turns upfield and linebacker form tackles him.



2. Figure Eights

- Two point stance featuring bend at knees and waist.
- Emphasis staying low using quick steps.
- Always face forward using drive step quick lateral shuffle steps and back peddle.
- Drill consist of backward, lateral and forward quick feet movement.
- Maintain bent knees and body - lean. Chin over toes.



3. Lateral Step Over

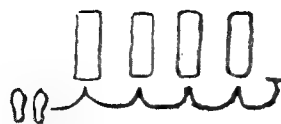
- Two point stance featuring bend at knees and waist.
- Emphasize staying low with good body lean forward stepping over bag with inner leg snapping knee high.
- Reverse direction after you step over last bag.



*CHANGE UP to DRILL IS: LATERAL CROSSOVER

4. Kick-Back and Recoil

- Shuffle down line, attack each bag low with lead leg.
- Execute low double hand shiver on each bag - recoil back and continue lateral movement.



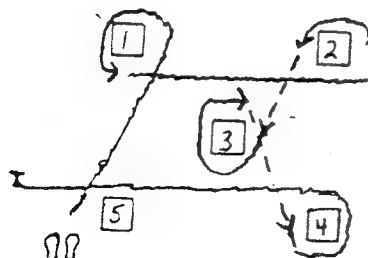
5. Combinations

- Combine the following drills
 - a. Figure eights
 - b. Step over
 - c. Kick back and recoil
- Emphasize bend at knees and waist
- Stress quickness and remaining parallel.



6. Maze

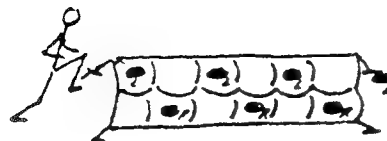
- Combines sprint, lateral shuffle, back pedal, 45° drop.
- Sprint to bag #1, back pedal around it, side shuffle to bag #2, sprint around it, 45° drop to bag #3, sprint around it, 45° drop to bag #4, and lateral shuffle to bag #5.
- Keep bend at knees and waist.



B. AGILITY - USE OF ROPES

1. High Knee Lift

- Stress high step through ropes
- Step through every other square - then every square.
- Pump arms and knees.

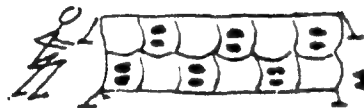


2. High Knee Crossover

- Stress high leg action and twisting hips on crossover steps.
- Step through every other square.

3. Double Leg Jump Crossover

- Stress jumping with both feet together.
- Bring knees high and explose with legs and hips crossing over to alternate boxes.



C. HAND SHIVER - SHOULDER BLAST DRILLS

1. Quick Hands Drill

- Squat back on hands and knees 2 feet away from blocker.
- Fire double hand shiver into blockers numbers roll hips & lock out.
- Reset and repeat explosion
- On third hit, lockout and strain
- Use quick repetitions with each hand shiver explosion.



2. Fit Lockout and Drive Drill

- Set in bent knees, hat under chin, and fit position
- Explode with legs & hips to lockout position
- Drive blocker straight back with good leverage
- Keep hips underneath you and back arched.



3. Steer Drill

- Set in lockout position on blocker
- Back arched, bent knees, back arched-arms locked out into chest of blocker
- As block drives left and right and tries to hook block you shuffle feet and mirror him
- Keep explosive lockout position keeping outside leverage on him and steer him.
- Keep inside leg splitting his crotch and don't cross feet as you drive & steer him.



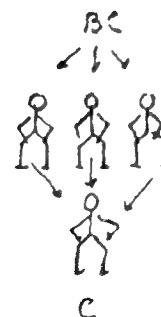
4. One on One Drive and Hook Block Drill
(Shoulder Blast - Double Hand Shiver Tech.)

- Attack blocker and explode into his chest with shoulder blast double hand shiver tech. from linebacker stance.
- Plant inside foot firmly (powerstep) splitting his crotch.
- Roll hips and drive shoulder and double hand shiver to lockout position and shed.
- Keep hat on outside ear, on attempted hook block to left or right.



5. Triangle Hand Shiver-Shoulder Blast Drill

- Linebacker position, facing three blockers at depth of 2 yds.
- Coach will signal one block at a time.
- LB'er attack each blocker and explode into him using great handshiver shoulder blast tech. on third blocker, lockout after hit and drive him straight back.
- Important to recover back to original alignment after exploding into first two blockers.



LINEBACKERS (CUT-BLOCK SHED) PROGRESSION DRILLS:

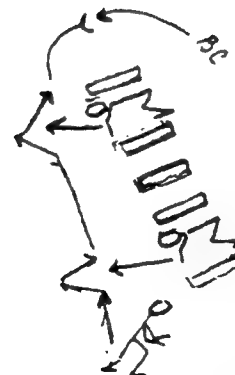
1. Cut-Block Shed Drill

- Two-point stance 1 yard away from blocker (focus on head & inside shoulder of blocker)
- Inside leg up and splitting crotch of blocker with good knee bend pos.
- When blocker explodes out for outside leg. Shoot double hand shiver to helmet and inside shoulder.
- Give a step keeping outside leg clean of contact. Then shuffle for width and work upfield after clearing block.



2. Running Cut-block Shed Drill:

- Two-point stance two yards from flat step overs.
- Shuffle down line (do not cross over) blocker fires out using low block tech, give a step and double handshiver his helmet and inside shoulder.
- Recover after first block and shuffle down line.
- Shed second blocker and recover. Finish drill in good hit position or follow up with angle tackle on a ball carrier.



3. Peel Cut-Block Shed Drill:

- Two-point stance 1 yard away from 1st blocker.
- Blockers are staggered (width 3 yds and depth 1 yard)
- Shuffle down line (do not cross over).
- Same technique as running cut-block drill, except blockers are coming from different depth levels.
- Focus on helmet and near shoulder of blockers.
- When blocker shoots block give a step keeping outside leg free of block as you extend hands to helmet and near shoulder of blocker.
- After shedding and escaping third blocker recover to good breakdown hitting position.



D. DOUBLE HAND SHIVER - SLED DRILLS

1. Double Hand Shiver - Frontal

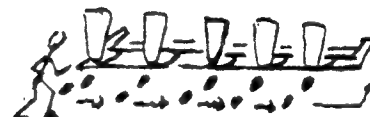
- From 2-point stance and 1 yard from sled, attack sled with double handshiver tech.
- Explode to full lockout position and drive sled back.
- Keep bent knees, arched back and feet apart as you drive sled back.
- On signal shed off sled and shuffle left or right to tackling position.

*VARIATION: Linebacker will align offset to left or right of sled and react as if hook block in opposite direction of alignment.



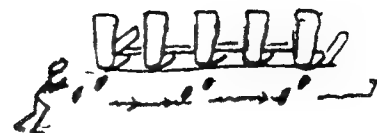
2. Double Hand Shiver-Five or Seven Man Sled

- From 2-point stance shuffle to frontal position on each bag at depth of one to two yards.
- If lateral movement is to the right it is important that the right foot is planted firmly as you attack the bag with an explosive double handshiver.
- Roll hips into explosion and rip arms and hands up into top 1/3 of bag.
- It should be a shocking strike on each bag then recoil back and shuffle to next bag.
- Bend at knees and waist as you shuffle.



3. Double Lock-Out - Five or Seven Man Sled

- From 2-point stance shuffle to frontal position on every other bag.
- Attack sled with double handshiver tech.
- Get a "double lockout" on bag before you recoil back and shuffle to next bag that you are attacking.
- Bend at knees and waist as you shuffle.



4. Double Hand Shiver - Big Bertha

- Elbows in palms open staggered stance.
- Thrust arms out and up with heels of hands into Bertha.
- Continue 10 repetitions keeping Bertha away from your body.



E. SHOULDER BLAST DRILLS

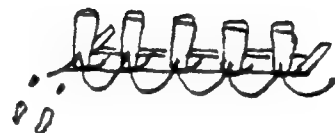
1. Shoulder Drive - Two Man Sled

- From 3-point or 4-point stance drive Lt or Rt shoulder into sled.
- Drive sled 4 steps - elbow out, arm flexed, head up and back arched.
- Release from sled, butt roll out, come up to hitting position.



2. Shoulder Drive - Five or 7 Man Sled

- From 3-point or 4-point stance drive Lt/Rt shoulder into sled.
- Keep elbow out, arm flexed.
- Head up and back arched on explosion.
- Hit and recoil back to stance.
- 3 or 4 point sshuffle to next pad.



*VARIATION: Shoulder drive and butt roll to every other pad and shoulder drive.

3. Two on One Shoulder Drive

- From 3 point or 4 point stance drive one shoulder into blocker - recoil then drive other shoulder into other blocker
- Keep elbow out, arm flexed, head up and back arched on explosion.



F. FOREARM SHIVER DRILLS

1. Rip-up 2 Man Sled

- Extreme bend at knees, 2 point stance.
- Fire forearm into and up on pad
- Use quick repetitions with each forearm.



2. Rip-Up Reactor

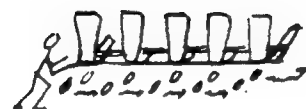
- 2 point stance, extreme bend of knees and waist.
- On signal use reverse forearm.
- After hit come back to ready position at middle of reactor.



*VARIATION: Use of bags, cat ball, and crack blocker with reactor.

3. Rip-Up 5 or 7 Man Sled

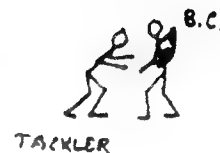
- From 2 point stance fire forearm into and up on pad.
- Bend at knees and waist.
- Recoil back, shuffle to next pad and continue forearm explosions into each pad.
- If lateral movement is to right, its important that right foot is planted firmly at you explode into pad with right forearm.



G. TACKLING DRILLS

1. Form - One on One

- 2 point stance, 1 yard in front of ball carrier.
- Step into him, with face mask placed on football.
- Contact should be made with front of shoulder and chest.
- Rip arms up under his arm pits, roll hips and explode with legs up into man.
- Arm rip, hip roll and leg explosion should raise ball carrier up taking weight off opponent's feet
- Wrap arms around ball carrier and grab jersey.
- Half speed drill - do not take ball carrier to ground.



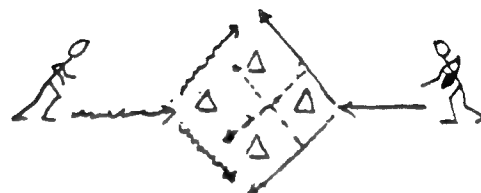
2. Reaction - Angle Tackle

- Tackler stand with back facing ball carrier 5 yards away.
- On signal, snap body around to face ball carrier.
- Use form tackle as he breaks Rt or Lt.
- On angle tackle, off shoulder and chest comes through the jersey numbers and helmet comes across the bow with face mask on football.
- Use arm rip, hip roll and leg explosion.
- 3/4 speed drill, do not take ball carrier to ground.



3. Open Field Tackle

- Tackler and ball carrier align 5 yds from center cones.
- Both B.C. and tackler sprint up to center cones.
- Ball carrier cuts Lt or Rt at cone.
- Tackle comes under control, bend at knees and waist and veer off Lt or Rt to make tackle on ball carrier.

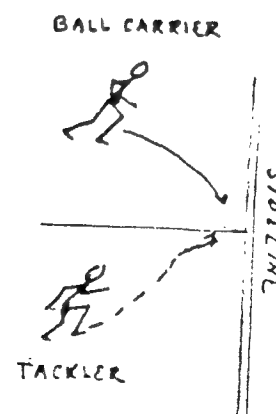


*VARIATION: Ball carrier makes two moves, second cut inside of cones.

4. Sideline Tackle

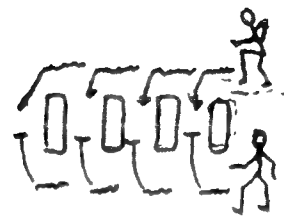
- Pair off facing each other 5 yards apart. Ball Carrier 4 yds to sideline.
- On signal ball carrier sprints upfield toward sideline.
- Tackler must use sideline, pinning ball carrier into sideline and protect against cutback.

NOTE: Also tackle drill to prevent ball carrier from running out of bounds.



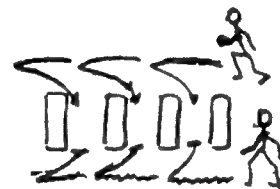
5. Lateral Fill Tackle

- Tackler shuffles lateral, bend at knees and waist.
- Stay on back hip of ball carrier.
- When ball carrier cuts "up" in lane between bags, meet him at the crossroad with form tackle/angle tackle.
- Ball carrier will cut up in designated lane signaled by coach.



5. Lateral Fill Cutback Tackle

- Same setup as in lateral fill tackling drill.
- Ball carrier cuts back one full lane between bags.
- Tackler shuffles lateral, bend at knees and waist.
- Stay on back hip of ball carrier, when he cuts back change direction back into cutback lane and make tackle.



7. Goalline Tackling

- Tackler aligns 5 yds deep in front of bags.
- Ball carrier runs and dives over top of bags.
- Tackler attacks and explodes up over top of bags and hits ball carrier at top of his jump. Time your jump.
- Contact should be made high through ball carrier's numbers.
- Wrap up so that ball carrier cannot spin off.



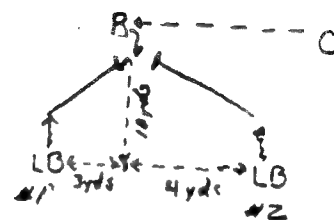
8. Take-Down Tackling - Single Sled

- From 2 point stance and 2 yards from sled, attack sled and rip up into bag.
- Explode into sled, rip arms up around bag, roll your hips, exploded with legs. Contact made with chest and front of shoulder.
- Keep bent knees, arched back, and feet apart as you drive sled back.
- Rip and turn sled flipping it over to ground.



9. Converge Tackling:

- Coach throws ball to receiver and receiver turns upfield and attempts to get outside LB #1 or split both LB's.
- Linebackers - when ball is thrown start straight up and then converge and bracket ball carrier. (Live tackling)



"CAT" BALL SHED - ANGLE TACKLING DRILLS

10. 4 Pt. Lateral Step Over-Low Block Shed - Tackle

- LB near foot steps over bags with hands hitting out in front.
- Shed "Cat" ball, low block tech.
- Shuffle to cone and angle tackle ball carrier.



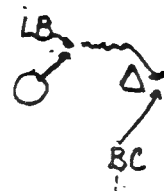
11. Figure Eight - Low Block Shed-Tackle

- LB runs forward, lateral and backward in between bags.
- Shed "Cat" ball, low block tech.
- Shuffle to cone and angle tackle ball carrier.



12. Low Block Shed - Tackle

- LB use low block shed tech as "Cat" ball is pushed out on angle.
- Shuffle to cone and angle tackle ball carrier.

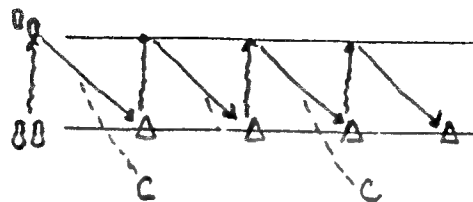


H. PASS DRILLS - LINE DRILLS

1. "W" Drill

- 2 point stance, bent knees and waist,
- Chin over balls of feet.
- Backward run to 5 yds depth.
- Toe plant, shift weight forward, chest over thigh and accelerate forward to cone.
- Continue back run and forward acceleration forward to cones.

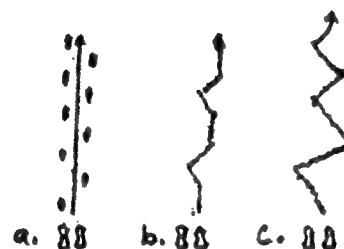
VARIATION: Coaches throw ball on players forward acceleration.



2. Line Drill Reaction

3/4 warm up

- Straight back
- Straight back/1/2 Rt - 1/2 Left
- 1/2 turns - Rt/Lt

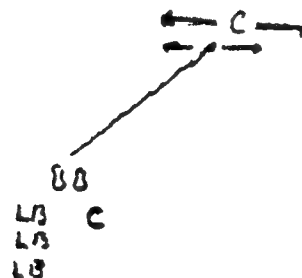


INTERCEPTION DRILLS ZONE:

1. Pass Drop to Divider Point

- Open hips and run to divider point.
- Set in terminal position 12 to 14 yds deep inside position on coach.
- Break inside/outside on coaches movement.

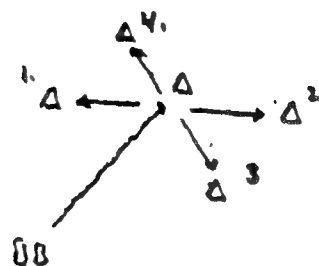
VARIATION: Back peddle to divider point.
(Junk drop)



2. Pass Drop to Divider Point - 4 Pt. Break

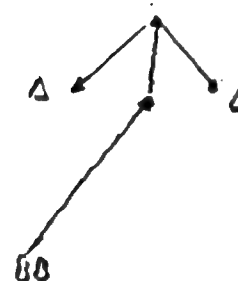
- Open hips and run to divider point.
- Set in terminal position 12 to 14 yds deep inside position on point cone.
- React to ball thrown to one of four points.

VARIATION: Back peddle to divider point.



3. High Point Interception Drill

- Open hips, run to center of divider
- Square up to L.O.S., back pedal.
- Toe plant and roll off front leg breaking to ball.
- Intercept ball at its highest point.

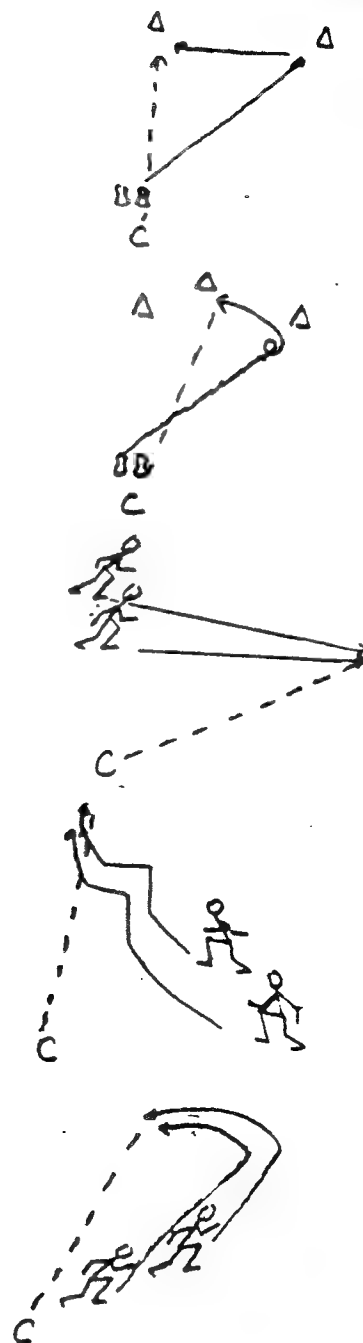


4. Pass Drop to Divider Point - 90 Degree Break
 - Open hips, run to outside point in divider.
 - Set in terminal position 12 to 14 yds deep.
 - Roll over front foot and break on 90° angle to interception point.

5. Pass Drop to Divider Point - Center Field Roll
 - Open hips, run to outside point in divider.
 - Center field roll turning back to passer.
 - Snap head and shoulders back to ball on turn.

I. PASS DRILLS - MAN

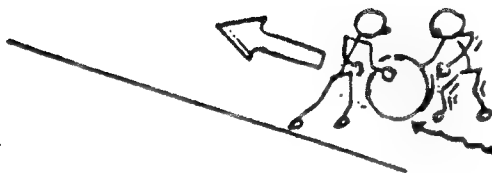
1. Cut-Off
 - Linebacker 2 yards behind receiver facing coach.
 - On signal receiver break to sideline.
 - Linebacker keys receiver and drives to cut him off.
 - Linebacker reacts to blur of ball.
2. Chase
 - Linebacker 1 yd behind and side of receiver facing downfield.
 - Receiver goes on signal.
 - Linebacker drives to cut off point.
 - Throw ball to outside of receiver.
3. Trail Pivot Roll
 - Linebacker 1 yd behind and inside of receiver facing downfield.
 - Receiver goes on signal and sprints 10 yds and then bends inside.
 - Linebacker trails receiver on inside hip.
 - When receiver breaks to inside, linebacker "center field rolls" with him with back to ball.
 - Snap head and shoulders around keeping between ball and receiver.



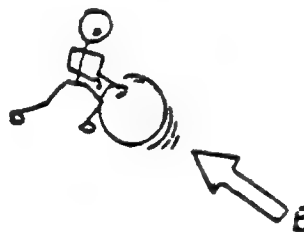
BALL DRILL:

LINEBACKER DRILLS

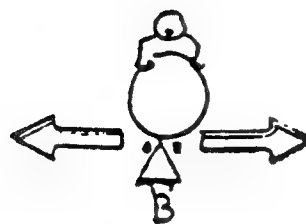
1. 2 MAN RECOIL DRILL
15 YDS LEFT/RIGHT
CONTINUES.



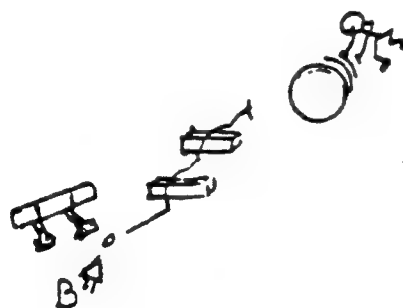
2. CUT DRILL FOR OUTSIDE
LINEBACKERS TAKING ON
A LEAD BLOCK OR A LEAD
CUT BLOCK. LEFT/RIGHT.



3. CUT DRILL FOR INSIDE
LINEBACKER TO WORK ON
THE PANCAKE TECHNIQUE.



4. REACTOR OVER THE BAGS
CUT DRILL. LEFT/RIGHT.

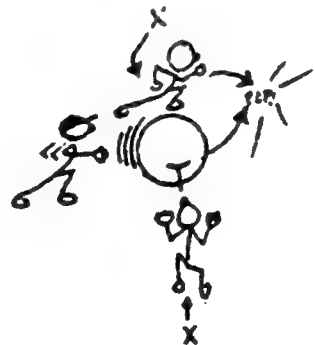


BALL DRILL (CONT'D)

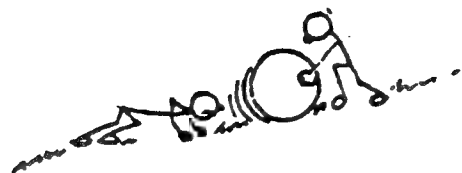
5. JUMP OVER BALL DRILL.
SIMULATES = GOING OVER
A PILE UP OR JUMPING
OVER A CUT BLOCKER.



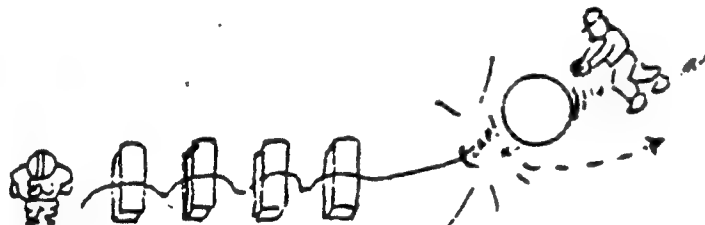
6. CUT BLOCK TACKLING
DRILL - LEFT/RIGHT.

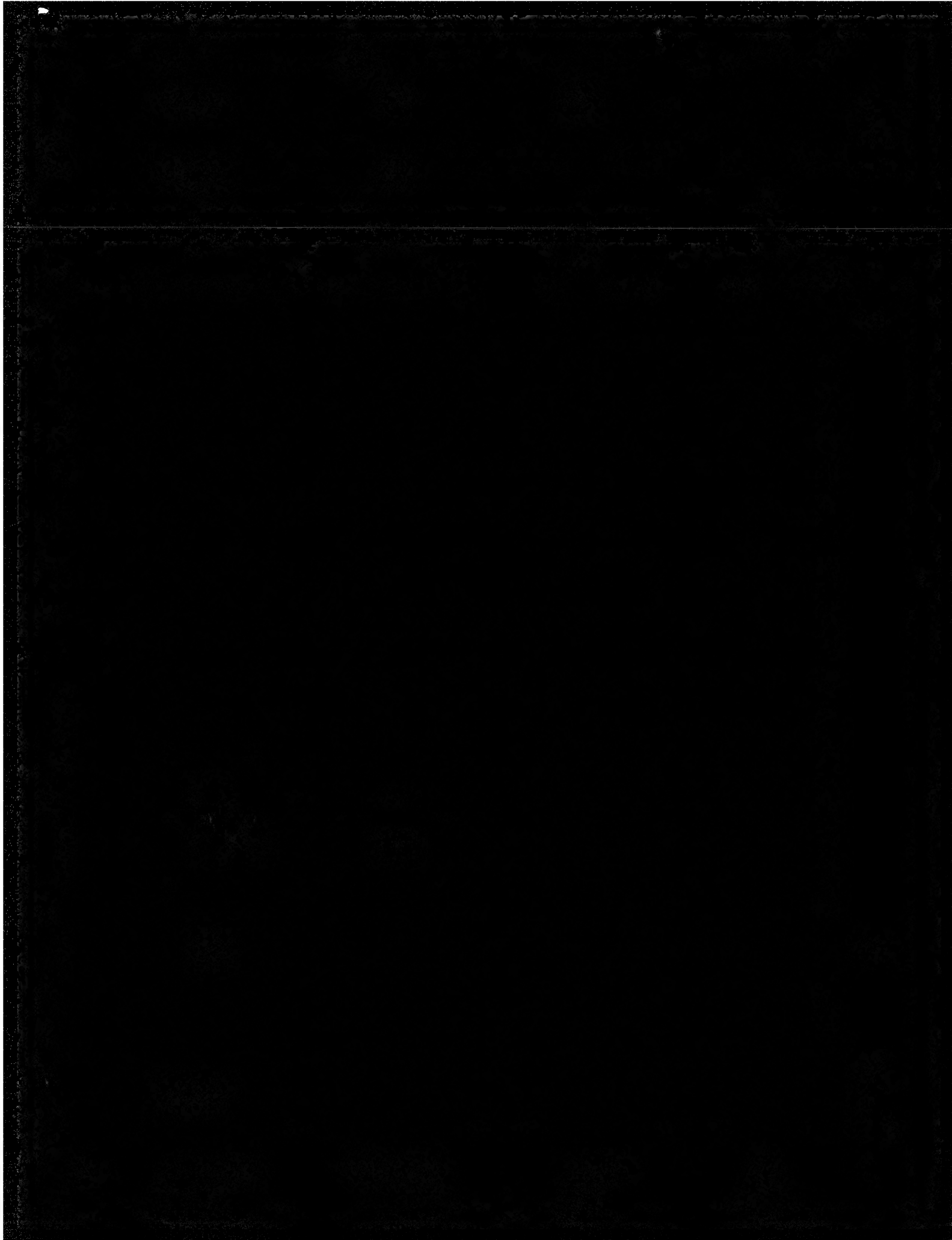


7. SIMULATE GOAL LINE
4 PT. CHARGES -
STRAIGHT, LEFT/RIGHT.



8. CROSSOVER BAG
CRACK BLOCK DRILL.
LEFT/RIGHT.





**HANDBOOK
FOR
NEW ENGLAND PATRIOTS
DEFENSIVE BACKS**

I.	WHAT IT TAKES TO WIN.....	1
II.	ATTITUDE.....	3
III.	WHAT IT TAKES TO PLAY DEFENSIVE BACK IN THE NFL.....	4
IV.	POSITIONS OF DEFENSIVE BACKS.....	6
V.	DEFENSIVE BACK TECHNIQUE	
	A. BACK PEDAL.....	9
	B. MAN COVERAGE.....	12
	1. OFF TECHNIQUE.....	12
	2. BUMP TECHNIQUE.....	15
	3. DOUBLE COVERAGE TECHNIQUE.....	17
	C. MAN COVERAGE COACHING POINTS.....	21
	D. ZONE COVERAGE.....	22
	1. ZONE TECHNIQUE WITHIN MAN COVERAGE.....	26
	E. ZONE COVERAGE COACHING POINTS.....	28
	F. MISCELLANEOUS TECHNIQUES.....	29
VI.	GENERAL FIELD INFORMATION.....	30

WHAT IT TAKES TO WIN

A. You must develop a healthy self-image

1. A belief in myself - must see yourself as deserving.
 - a. I am able.
 - b. I am capable.
 - c. I am willing to give my best.

B. You must develop a proper relationship with other people

1. I must be able to work and get along with other people.
2. I must develop a belief in my teammates and coaches.
 - a. Individually, I am apart and limited.
 - b. Together as a group - as a team we can achieve our best.

C. You must have goals - You need a plan - a course of action - a map. Here is where I am - there is where I want to go - this is what I want to become. Establishing personal goals is recognized as possibly the strongest of all forces for personal motivation. Your goals must be demanding, challenging and realistic. Really big success in the athletic world is achieved by athletes who continually set higher standards for themselves. It is far easier to reach goals you set for yourself than it is to reach goals set for you by others. You must develop a deep belief that your goals will be reached. The clearer you visualize your goals, the more you kindle your desire and gain inspiration for even greater effort. Never lose sight of your long-range goal.

1. Short Range Goals - the now - things I can begin now to do - improve - get better.
2. Intermediate Goals - hurdles along the way that I need to clear - a problem exists - find a solution - winning the battle - the game.
3. Long Range Goals - the future - to win the championship (Super Bowl) - to establish a financial foundation for "after football".

D. You must have a good mental attitude

1. to win
 - a. You must want to win.
 - b. You must believe you can win.
 - c. You must commit yourself in a manner necessary to win.
 - d. You must have a belief in what you are doing - your job - time - effort - willingness to commit.
 - e. Add the "U" in everything you do. If you do it, if you are a part of it, if you have interest in it, then give it your best. Never be satisfied to stop short of the reward (Goal) you want.
 - f. Be "happy in your work".
 - g "It's in the going".
 - h. "Enjoy" the price of success, not "pay" the price of success.

E. You must be willing to work

1 How do I commit myself in a manner necessary to win?

a. To win - you must do the things that are necessary mentally and physically to execute.

1. Mental Phase: Know my assignment - be willing to learn as much as possible about the detail of my assignment. Study my notebook. Study my game plans and ask questions to make sure I know my assignments. Know the players I will be playing against - watch film and write down tips about the players I will be playing against.
2. Physical Phase: Body conditioning - strength, stretching and endurance. "Will" to achieve a level necessary to excel and maintain that level throughout the season.
3. Execution: Do the job - combine the mental and the physical. Be willing to involve myself to the fullest extent necessary to succeed.

F. Key to Success - Help others succeed (reach their goals)

ATTITUDE

1. More athletes fail through faulty mental attitude than in any other way.
2. Attitudes are habits of thinking. You have it within your power to develop the habit of thinking the thoughts that go to make up a winning attitude.
3. The foundation for the proper attitude consists of developing the habit of thinking positive thoughts.
4. Tell yourself constantly that you can do something and you will. Tell yourself you can't and your subconscious mind will find a way for you not to do it.
5. A desire to win and a desire to prepare to win are important ingredients of a winning attitude.
6. Before you can scale the heights of athletic greatness, you must first learn to control yourself from within. Be your own master. Control your emotions.
7. An athlete with a good attitude is coachable. He welcomes criticism, constantly seeks to learn, and avoids criticizing his coach or teammates.
8. True success depends on team work and the winning attitude puts the good of the team ahead of anything else.
9. Whether you create a winning attitude is entirely up to you.

WHAT IT TAKES TO PLAY DEFENSIVE BACK IN THE NFL

The first thing we look for in a defensive back is speed. Speed is the name of the game in Pro Football, and a defensive back has to have speed to cover. Second, he must have the ability to react. The ability to react involves quickness. Quickness is more important on pass defense than speed. The most important ingredient of quickness is the ability to "burst" out of the turn. A defensive back must be able to accelerate coming out of his back pedal. He also must be able to reach top speed in two or three steps in any change of direction move (drive).

There are some defensive backs who have speed, but, if they don't have quickness, they cannot play in NFL. By quickness, we mean the ability to move the hands and feet rapidly in a limited area. There are some good backs who are not exceptionally fast, but they are quick. We like our defensive backs to be able to run a 4.6 or better in a forty yard dash, and possess good quickness.

Quick hands and feet, good peripheral vision, timing, judgment, and body balance are qualities that are necessary for defensive backs. In pass defense, the defensive back's reaction ability will determine whether he will succeed or fail. The only way the defensive back will improve and develop this reaction ability is through constant drilling. **DRILL - DRILL - DRILL**.

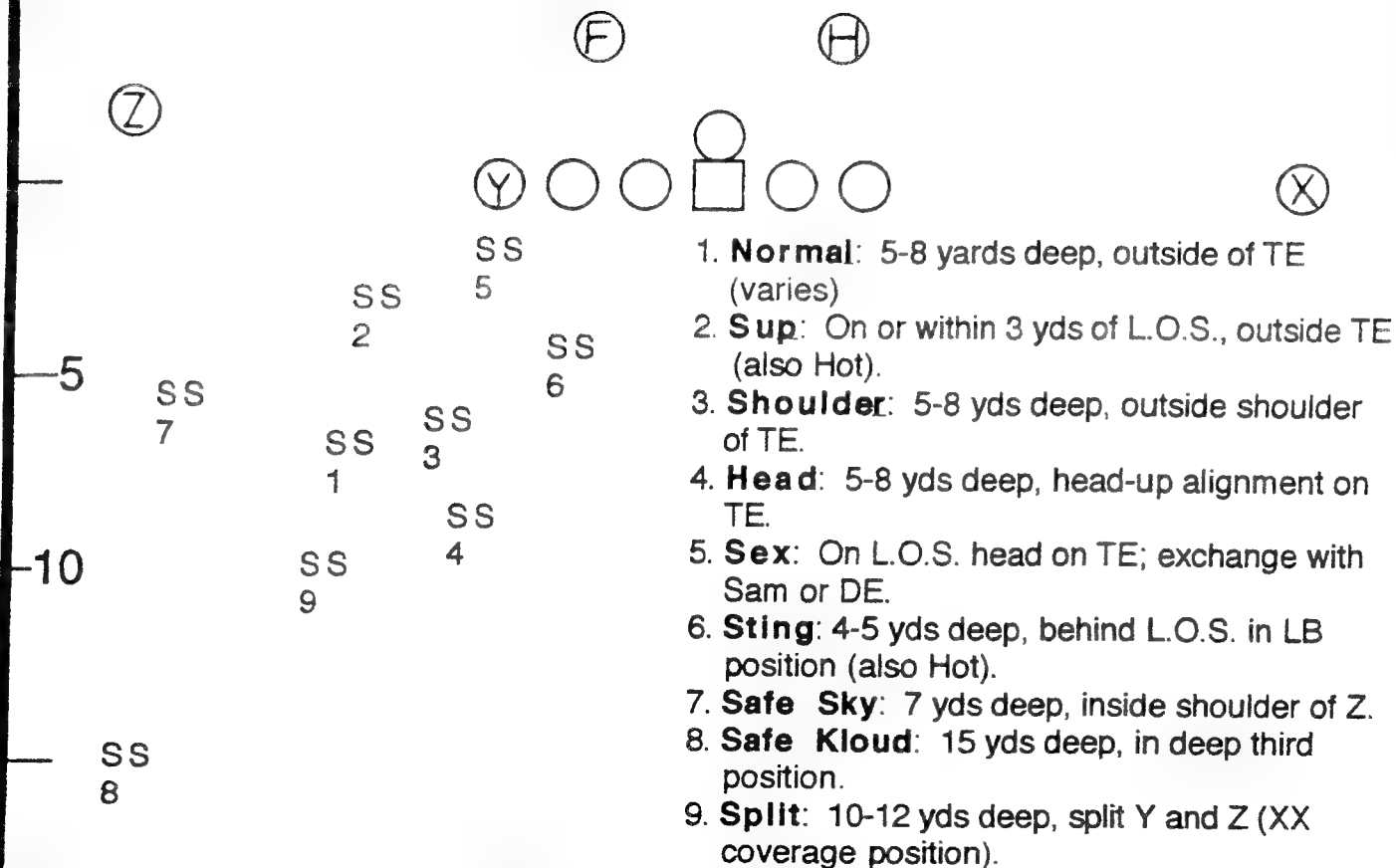
The defensive backs have to be tough because of the great running backs and wide receivers who are going to break loose occasionally and will try to run over you. You will have to bring them down. The defensive who tackles aggressively will find a place on any football team.

Balance is another important quality of a defensive back. Whether he is running, jumping or diving, the player must keep his head and hands in position to see and catch the ball. If a defensive back should slip, he must regain his balance as quickly as possible and continue on to the ball or an area.

The good defensive back is an opportunist, taking advantage of every opportunity or miscue by the opposition, and making it pay off. When the opportunity presents itself, the head-up, alert player is ready to make his move with aggressive action. A defensive back must have a strong desire to want to play pass defense. He should want to be the best defensive back in the NFL.

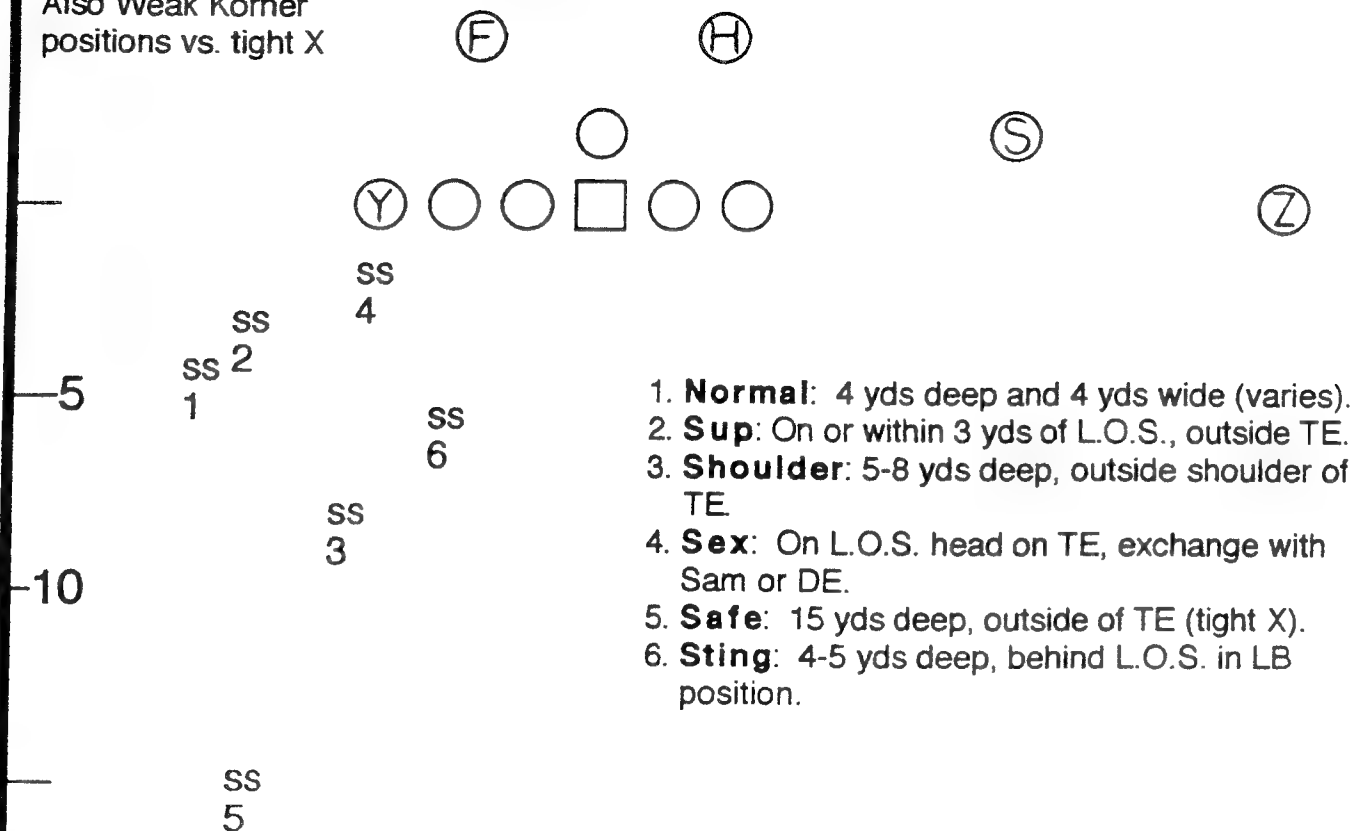
1. **SPEED** - 4.6 or better
2. **QUICKNESS**
 - a. Hands - to intercept ball
 - b. Feet - C.O.D. and acceleration
3. **GOOD PERIPHERAL VISION** - read QB, receivers, ball and pattern
4. **TIMING**
5. **TOUGHNESS**
6. **JUDGMENT**
7. **BODY BALANCE**
8. **OPPORTUNIST**
9. **DESIRE TO PLAY**
10. **ATTITUDE TO WIN**
11. **CONCENTRATION** - You must know your responsibility and completely direct yourself to doing your job.

POSITION OF STRONG SAFETY VS. NORMAL FORMATION



POSITION OF STRONG SAFETY VS. SLOT FORMATION

Also Weak Korner positions vs. tight X



Note: If Slot Open or Slot Dbl formation, SS may line up in Korner alignments (G.P.).

POSITION OF FREE SAFETY VS. NORMAL FORMATIONS

-
1. **Normal:** 10-12 yds deep, center to will area (varies).
 2. **Strong:** 10-12 yds deep, strong G area.
 3. **Sup:** On or within 3 yds of L.O.S. (also Hot)
 4. **Sting:** 4-5 yds deep, behind L.O.S. in LB position (usually SY, GL or Hot position).
 5. **Post:** Lined up in post , 15 yds deep (Safe).
 6. **Split:** 10-12 yds deep, split T and X (XX coverage position).

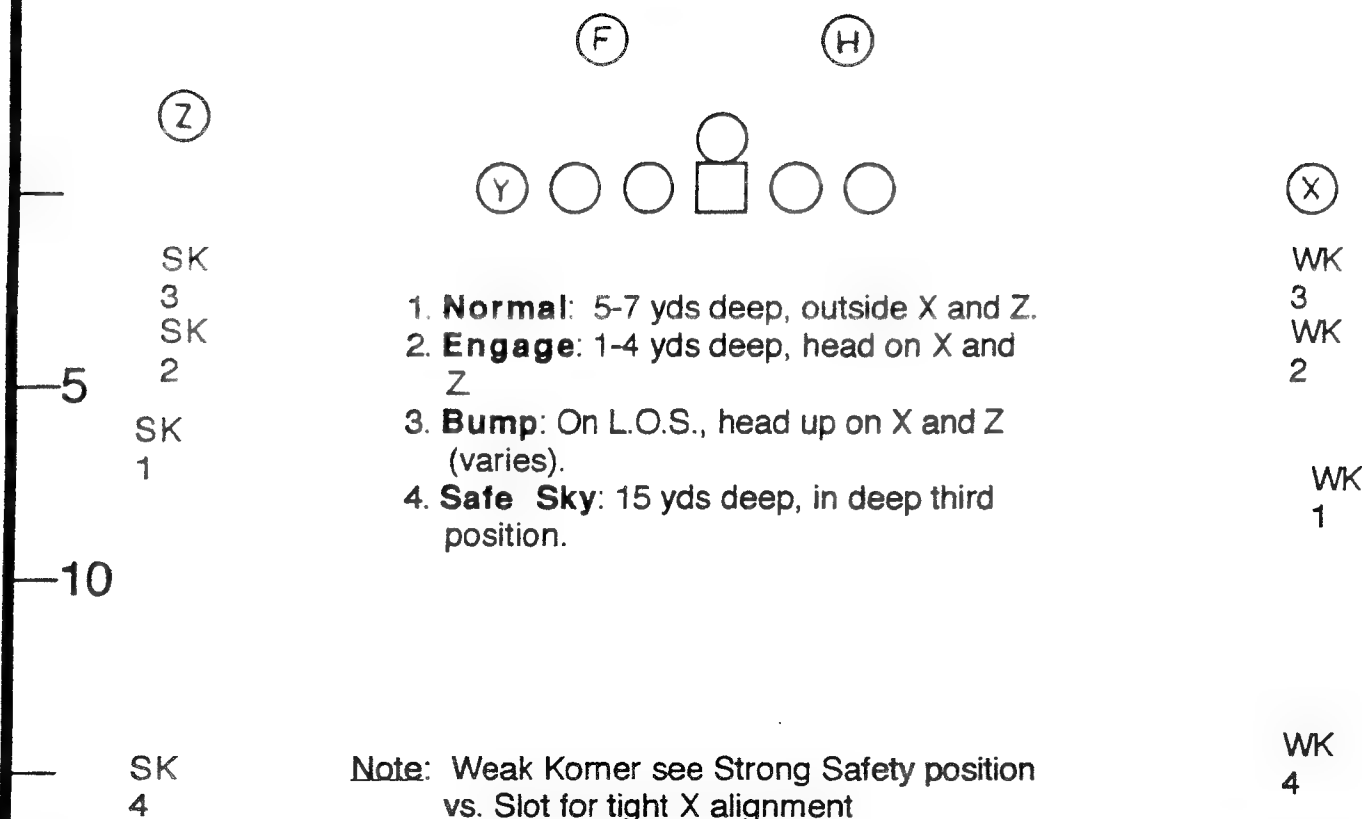
POSITION OF FREE SAFETY VS. SLOT FORMATION

-
1. **Normal:** 10-12 yds deep, center to will area (varies).
 2. **Strong:** 10-12 yds deep, strong G area.
 3. **Post :** Lined up in post 15 yds deep (safe).
 4. **Sting:** 4-5 yds deep, behind L.O.S. in LB position (also Hot).

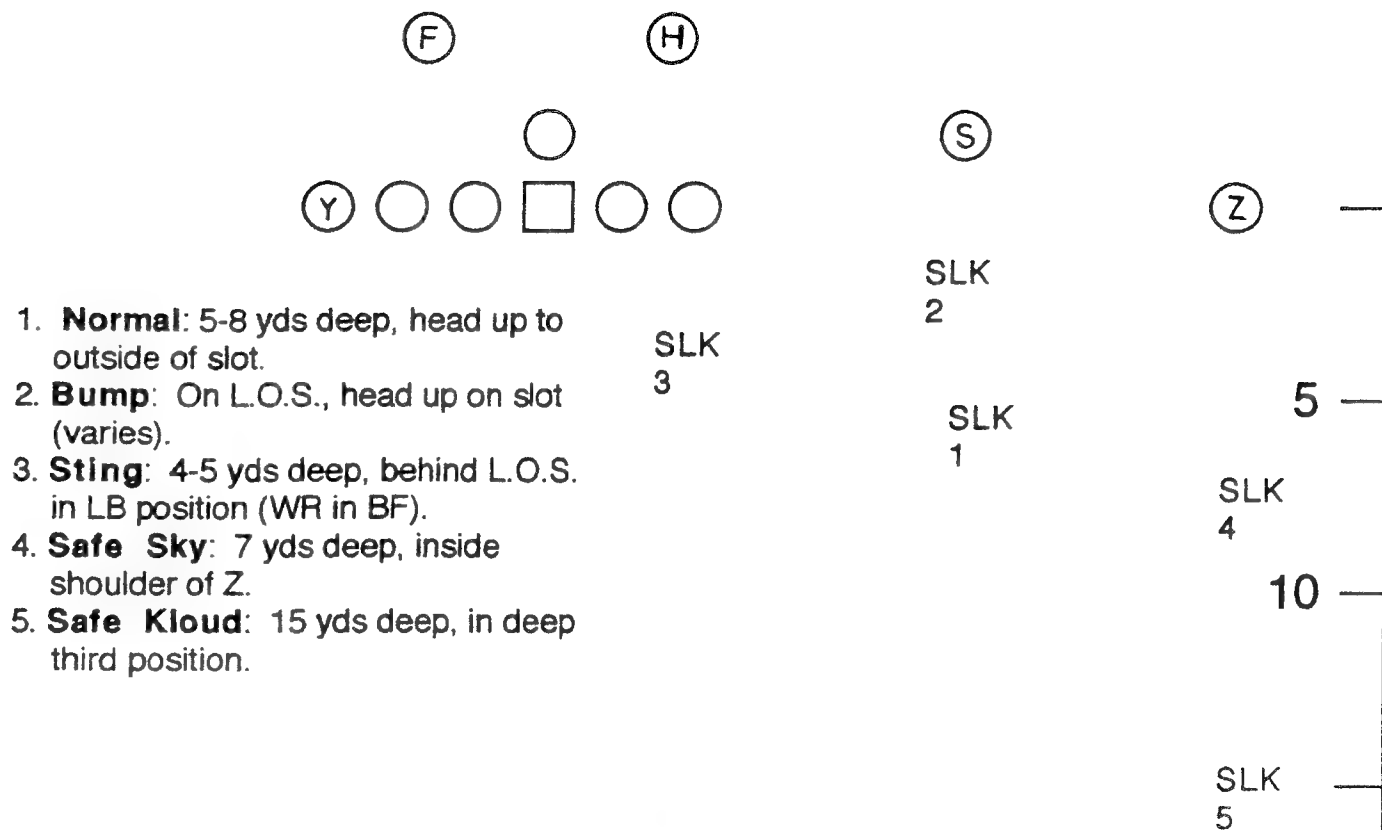
POSITION OF FREE SAFETY VS. SLOT DOUBLE FORMATION

-
1. **Normal:** 10-12 yds deep, center to will area (varies).
 2. **Odd:** 8-10 yds deep, inside or outside of TE.
 3. **Post:** Lined up in post 15 yds deep (safe).
 4. **Split:** 10-12 yds deep, split H and Y.

POSITION OF STRONG KORNER; WEAK KORNER VS. NORMAL FORMATION



POSITION OF SLOT KORNER VS. SLOT FORMATION



BACK PEDAL TECHNIQUE

Back Pedal - The basic technique that you must know, use and master when covering an offensive receiver is the back pedal. Your ability to back pedal with maximum speed, to adjust your body position without crossing your feet and to be able to change direction as quick as possible is essential for you to play in the secondary.

A. Elements of a good back pedal:

1. **Stance** - your outside foot is up, the weight is on this foot. The front foot should be placed anywhere from directly under your nose to the width of your shoulder as you lean forward. It is in this position that your weight will be centered, but with slightly more weight forward. Bend at the waist, allow your arms to hang free in a relaxed manner, with chest up and knees slightly bent.

shoulders in
front of hips



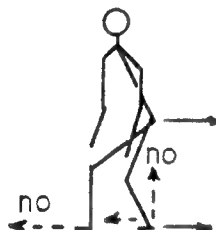
weight on front foot



- a. Outside foot in front of nose (to shoulder)
- b. Weight on front foot
- c. Bend at waist and knees
- d. Allow arms to hang in a relaxed manner with chest up

2. **Start** - If you do not start by taking a step backward with your back foot, you will seriously handicap your ability to cover. Push off the front foot as you step back with your back foot. If either foot comes forward or just picked up and set back in the same spot, you will lose a step in coverage and be forced to get out of your back pedal with loss of cushion.

shoulders down



step with back foot

- Push off front foot
- Step back with back foot
- Allow your shoulders to come up gradually
- Never step forward or lift foot and set it back down in the same place

3. **Sprint** - You should now be running backwards. Do not push with your feet, but actually reach back with each step and pull your body over your feet just as you would if you were running forward. You must learn to bend your knees so that your feet will be able to extend back past your hips. In order to run backwards, you must keep a slight forward lean with your shoulders. Move arms in a normal relaxed running fashion.



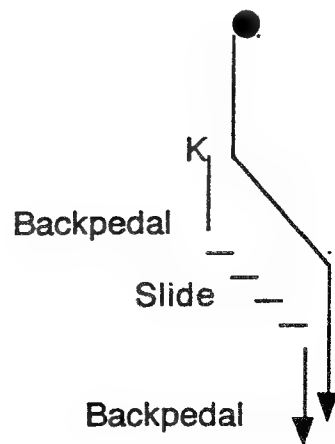
good position



poor position

- Step backwards
- Keep shoulders ahead of hips
- Move arms in a normal running fashion

4. **Change direction (Slide)** - You should now be able to run backwards in a straight line. The next step is to be able to change the angle of your run without crossing your legs. You do this by pushing laterally(to the side) as well as backwards with each step. This combination slide and back pedal will allow you to stay square to the L.O.S. and keep the same relative position on receiver as if he had run straight off the line. This is a movement that is difficult to master and will require much practice. Using this technique, the offensive man will not be able to turn you.



- a. Know the angle you need to take
- b. Combine the slide and backpedal to mirror the receiver
- c. Do not cross your legs

COVERAGE TECHNIQUES

Our approach to pass defense is to give the deep backs a certain number of individual pass coverage techniques to become skilled in their use. Our pass defenses are designed by combining a group of these individual techniques into one coordinated defense. The Pre-snap Read (concealing by alignment) is very important. We want to be conscious of not letting the Quarterback pick up any indication as to what type of coverage has been called by our alignment. We want to look the same by alignment with all coverages. We may stem (move around) to throw off, or give the Quarterback a misread.

MAN COVERAGE

OFF TECHNIQUE

1. Normal alignment - Korner and Strong Safety outside foot forward. Free Safety feet parallel to L.O.S. or outside foot back.
 - a. Korner - Inside foot to outside foot of the wide receivers (foot to foot).
 - b. Strong Safety - Five to eight yards deep, width from outside shoulder to four yards outside the tight end.
 - c. Free Safety - Ten to twelve yards deep in the weak guard - to - tackle area.
2. Key - For end run force or pass coverage, keys may vary by defense called, formation or game plan.
 - a. Recognize the formation and locate your key.
 - b. develop the ability of rapidly keying and coming back to the receiver.
 - c. Experience will enable you to use secondary keys to your advantage.
 - d. Korner key on wide receivers.
 - e. Strong Safety key on tight end, guard and tackle thru to backs.
 - f. Free Safety key on uncovered linemen and quarterback thru to backs.
3. Concentrate - After you have your key, turn your eyes back to the receiver and concentrate your attention on his numbers until he makes his final move.
 - a. Ignore everything but the receiver. Do not let anything distract you from the receiver you are covering.
 - b. Discipline yourself to concentrate on the receiver.
4. Backpedaling - Use good back pedal technique as described in preceding section.
 - a. Align at a depth that will allow you a comfortable back pedal

- through the intermediate route depth.
 - b. Keep a position inside (blitz technique) or outside on receiver as defense dictates (Lateral Point).
 - c. Maintain a controlled back pedal while keeping a cushion (Vertical Point) of not less than two yards off receiver.
5. Position - Gain a position on the receiver's inside or outside shoulder (lateral point) and two yards or more off the receiver (vertical point) and maintain it until forced into a straight line drop.
- a. Never let the receiver get in a head-up position with you.
 - b. Go into a straight-line drop as receiver takes your cushion but maintain the same lateral position on receiver.
6. Drive - When the receiver has made his final break, push yourself to step quickly with his break. Still concentrate on the receiver.
- a. When you drive with the receiver and he changes direction, be in a position so that he has to make contact with you in order to make that change.
 - b. Gear yourself mentally to explode on the final break of the receiver.
7. Instride - Once you have made your drive and is instride with the receiver step for step, then look for the ball.
8. Playing the ball
- a. Always play the ball at its highest point.
 - b. When the ball is in the air and you are instride with receiver, play the ball, not the receiver, and play it aggressively!
 - c. Aggressiveness is one of the hardest things to teach on pass defense; it starts in practice against your own teammates.
 - d. Go up with two hands to break up a pass. Two hands are better than one.
 - e. Knock the ball down toward the ground, not up in the air.
 - f. When the quarterback attempts to overthrow a receiver, staafter the ball. You may be able to get an interception. Don't Quit!
 - g. Remember, you have equal rights for the ball once it is in the air, so play rough, but always play the ball not the man.
 - h. The Rule Book states that "During a forward pass, it must be remembered that defensive players have as much right to the path of the ball as eligible opponents. Any bodily contact, however severe between players who are making a simultaneous and bonafide attempt to catch or bat ball is not interference.
 - i. Here is something that can really help you. Practice developing

a "Burst OF SPEED" to the ball once it is in the air. Five of six strides with quick recovery at near top speed is a tremendous advantage.

- j. There will be times when you cannot get two hands on the ball and will be forced to use one hand. When you use one hand, there is a tendency to tip the ball. Make sure you knock it down toward the ground.
- k. Converge on the ball once it is in the air.
- l. Look through the receiver into the passer
- m. Be Rough and Aggressive, many of these receivers are inclined to be timid. Make them respect you.
- n. Be ready to intercept a pass if it's deflected. Don't quit!
- o. Yell "Ball, Ball, Ball" when a teammate is covering on long passes and has his back turned. Don't yell too soon because your teammate will turn to look and this will slow him down (defender looks for ball only after he has receiver in stride).
- p. Try to improve your peripheral vision in practice. All good defenders have this.
- q. There are times when you have your man covered, but due to the type of pass thrown, it will be completed. A technique that is very effective is to slap at the ball (strip) before the receiver can put it away. In most instances, he will drop the ball. You are still in position to make the tackle if he holds the ball. Perfect this technique when covering your own receivers. Quick hands are a great asset.

9. Interception

- a. Look the ball into your hands and then put it away.
- b. Yell "Ball" on an interception.
- c. Practice making interception above head level. If you take it lower and wait, the receiver will usually get it.
- d. When making an interception in a crowd, be sure to twist at the same time your opponent is attempting to get it away from you. You will get the ball every time.
- e. Watch the nose of the ball on long passes to improve your judgment as to timing for an interception or to break up a pass.
- f. After an interception, most tackles are made by the intended receiver. The nearest defensive back should block back on the intended receiver.
- g. When you get an interception, go for the nearest sideline. Your yardage return will be greater by heading for the sidelines. Also, the rest of the defensive team will set up a wall on the nearest sideline.

BUMP AND RUN TECHNIQUES

1. **Base Technique ("Bump")** - Line up or stem to a head up position on split receiver. Crowd L.O.S. without being offside. Your feet should be parallel to L.O.S. or slightly staggered toe-to-instep or toe-to-heel of outside foot. Feet should be no wider than shoulder width apart, comfortable, but not too wide. You are head up on receiver, squared to L.O.S. with possibly a slight stagger of feet. Your focus of concentration should be on midsection of receiver ("Good Eyes"). As the receiver comes off the line, take a lateral (not backward) step with outside or inside foot based upon desired release. "Popping the feet" is also an effective technique to initiate coverage. Mirror the receiver's release and make contact with a hand shiver (do not attack the receiver with the shiver, merely lock out elbow or elbows). Remember that you are looking at the receiver all the way and must not lose sight of receiver at this stage of pattern development. You will find the ball as the receiver is looking for the ball. You will read his eyes and hands for the thrown ball. The carioca or shuffle is used most of the time in the first few steps in bumping and covering the receiver, therefore, we will drill on the techniques in practice. Execute bump coverage from an "instride" relationship as it is a coverage designed to give tight man-for-man coverage on a receiver.
2. **Soft Technique ("Soft")** - Alignment is same as Base Technique except distance from receiver should be half a yard to a yard off. As receiver comes off the line, you will "pop back" or back pedal two or three quick steps to take away receiver fakes to release, then re-engage receiver. Your position ends up being the same position on receiver as Base Technique. Carry out remainder of Bump technique from that point.
3. **Inside (Ike) or Outside (Oscar) Technique** - The same as Base Technique, but pre-aligned in an inside or outside position. If Ike, your outside foot should split the crotch of receiver. If Oscar, your inside foot should split the crotch of receiver. Coverage call or receiver split will dictate Ike or Oscar Technique.
4. **Ike-to -Oscar Technique** - Align Ike position on receiver and force the outside release. Take away the quick crossing routes by alignment and technique. As you get receiver upfield and running (about 7-10 yards) move to a trail position on receiver. Get a jump and run under corner and outside routes.

There are several ways the receiver will try to defeat bump and run techniques:

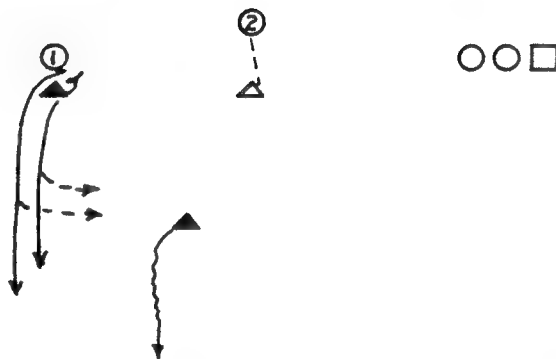
1. They will run deep patterns and try to use their speed to beat you deep. Remember, the bump is very important to stop the receiver from going full speed.
2. They will try to run patterns by moving close into your body, then making their out, corner or fade moves. Quickness is essential for the receiver in these types of patterns. This is one reason to know the location of the receiver and how much room he has outside.
3. They will try to get you to over-run them, then get underneath you. The bump is important, and don't be in a big hurry to run too far from the receiver.
4. The receiver will line up off the L.O.S. deeper to make it harder to get your hands on him and to give himself more room to operate.
5. Receivers are using their arms and hands to flail your arm as you start your bump. Remember that you are allowed to use your hands on a receiver as long as he is in front of you and five or less yards upfield. The receiver is allowed to knock your hands off in his attempt to escape bump.

Conclusion:

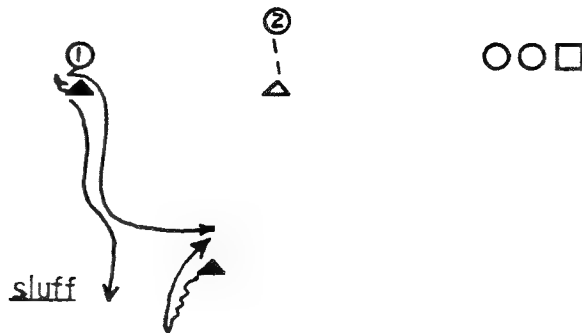
Practice and confidence is just as important in this type of coverage as other coverages. The receiver is being harassed in bump and run coverage and this is one of the best weapons to defeat a receiver. The short and medium pass game is being attacked and disrupted. This will throw off the good timing type passes and timing type throwers. One of the best things is the disguise of the coverage before the snap of the ball. This is very important to any defensive secondary, and you must concentrate on what you are trying to accomplish.

DOUBLE COVERAGE TECHNIQUES

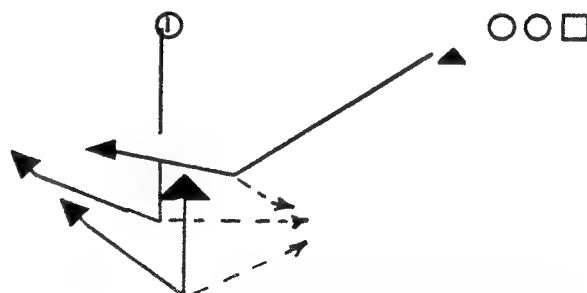
1. **Ace** - This technique allows double coverage on a number one receiver short and deep. The short defender will use Bump and Trail technique and jet all in or out routes. Go for the interception! Defender is assured deep help. The deep defender will use Deep Inside technique.



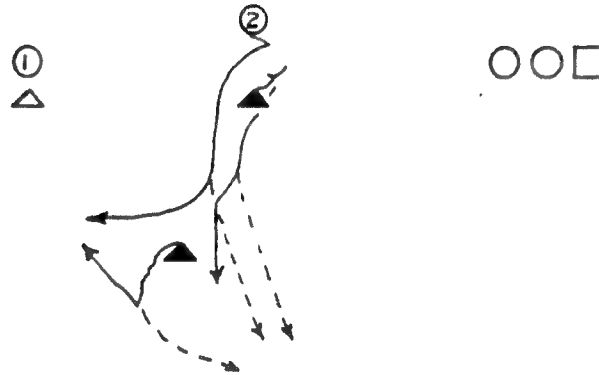
2. **Ace Oscar** - This technique allows for double coverage on a number one receiver inside and outside from a bump-bracket relationship. Inside routes are taken by deep defender with Bump (Oscar) by outside defender. If receiver outside release, coverage turns to Ace.



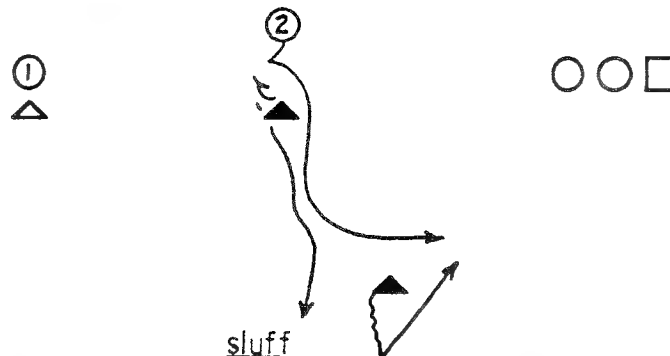
3. **Hot Ace** - This technique allows for double coverage on a number one receiver with short and deep and deep responsibilities. Hot defender takes all short routes by the receiver. The defender aligned on receiver is responsible for all deep routes and help on all short routes using Blitz technique.



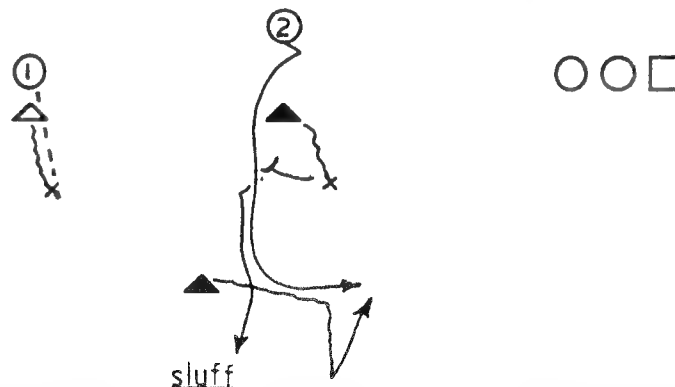
4. **Deuce** - This technique allows for double coverage on a number two receiver, inside and outside, from a bump-bracket relationship. Outside routes are taken by deep defender, with Bump (Ike) help by inside defender. If receiver gets an inside release, deep defender goes Half technique and bump defender "Jets" inside routes.



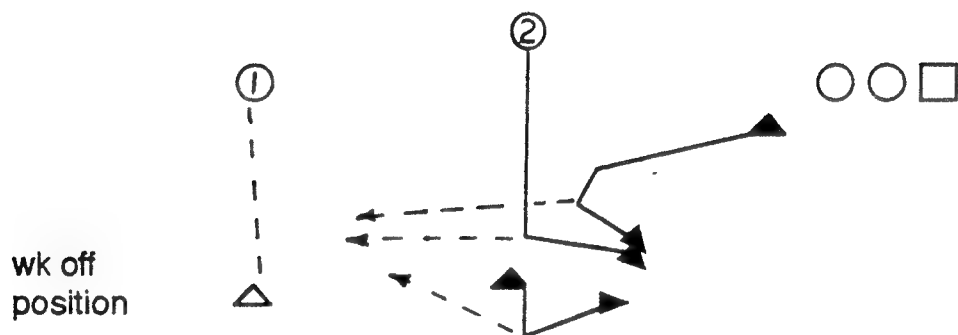
5. **Deuce Oscar** - This technique allows for double coverage on a number two receiver, inside and outside, from a bump-bracket relationship. Inside routes are taken by deep defender, with Bump (Oscar) help. If receiver outside releases, coverage goes to Deuce.



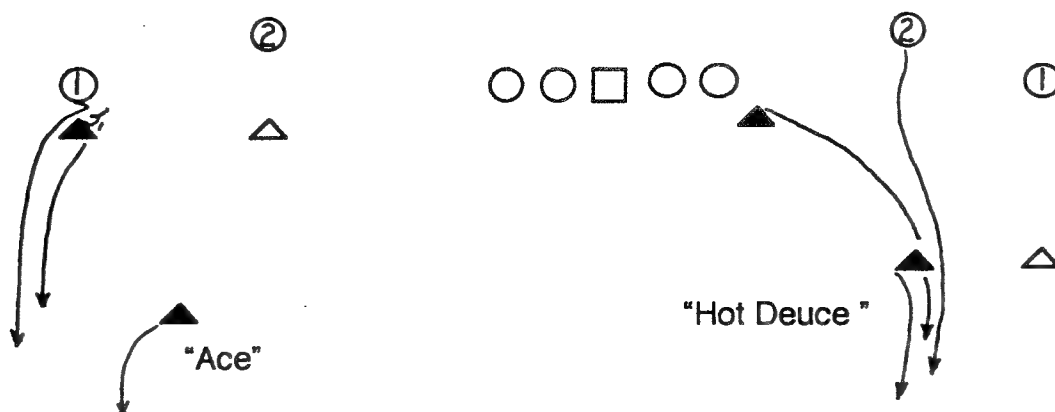
6. **Deuce Sloop** - This technique allows for a double coverage on a number two receiver, inside and outside from a zone look. Bump defender stem to an "off; inside" position with deep defender outside. On snap, short defender "crossface" technique the receiver, then play Deuce Oscar. The deep defender rotate to deep inside position on receiver and play deuce Oscar.



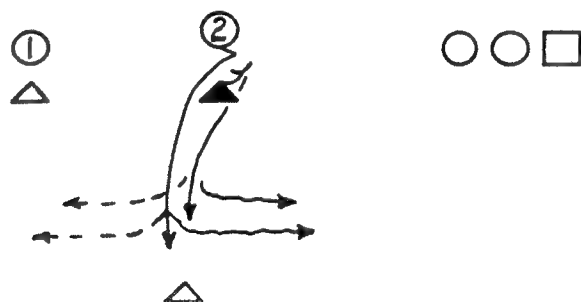
7. **Hot Deuce** - This technique allows for double coverage on a number two receiver short and deep. The hot defender takes all short routes. The deep defender takes all deep routes and helps on all short routes using Deep Inside technique.



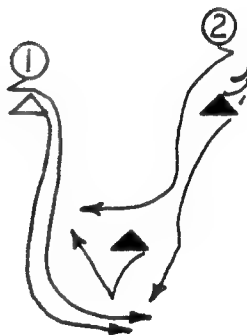
8. **Deep Inside** - This technique is used by the deep defender when he is double covering a receiver short and deep. The deep defender should maintain inside leverage and vision on the receiver to insure deep coverage.



9. **Trail** - Start Bump (Ike) technique by denying inside release. As receiver starts upfield, allow him to move ahead of you by an arms length. Jet all in or out routes looking for the interception. This technique will be used only when you have deep half (top) help.



10. Sluff - When in double coverage, the technique used by the defender away from an in or out route. If receiver runs an inside route, the inside defender takes him and the outside defender drops off to help on (1) crossing routes, (2) whip or corner route, (3) or an outside receiver in behind you. If receiver runs an outside route, outside defender takes him and inside defender drops off to look for (1) outside receiver coming in, (2) zoom route by that receiver, (3) or receiver to your inside.



MAN COVERAGE COACHING POINTS

1. Look at and concentrate on the receiver. Concentration is the most important factor in man coverage. Do not worry about the ball.
2. You must react quickly to the movements of the receiver.
3. Understand the concept of leverage and know what type of leverage you need to have with each type of man coverage.
4. Stay square until you are forced to turn by the receiver.
5. Keep the proper cushion on the receiver.
6. Use the quick turn technique, if you get turned and the receiver breaks the opposite direction.
7. Keep good body position to allow for good reaction time.
8. Foot quickness is more important in the back pedal than speed. Short, quick steps allow you to maintain good body position.
9. Maintain your back pedal and slide with receiver until you are forced to turn.
10. Go to the interception point, not to the man.
11. Use "one step clean" plants to break, instead of squatting at the break point. In bad weather conditions, wet or icy field, use a short roll-over step to break, instead of planting, in order to avoid slipping.
12. Run to the receiver's upfield shoulder on breaking routes.
13. Never give up!

ZONE COVERAGE

ZONE TECHNIQUE:

1. Normal Alignment - Korner and Strong Safety outside foot forward.
Free Safety feet parallel or outside foot back.
 - a. Korner - Inside foot to outside of the receiver's foot (foot to foot) five to seven yards deep.
 - b. Strong Safety - On L.O.S. to eight yards deep, width from outside shoulder to four yards outside of the tight end.
 - c. Free Safety - Ten to twelve yards deep in the weak guard-to-Will Backer area (formation will dictate alignment).
2. Key - Key for perimeter run force or pass coverage may vary by defense called, formation or game plan.
 - a. Strong Korner - Guard,tackle,tight end,Qb and near back triangle, then back to Z.
 - b. Strong Safety - Guard,tackle,tight end,Qb and near back triangle.
 - c. Free Safety - Qb through uncovered linemen.
 - e. Weak Korner - Weak guard, tackle,Qb and near back triangle, then back to X.
3. Drop - If pass develop, rotate or drop to your area of responsibility.
 - a. Drift
 - b. Cross Over
 - c. Back Pedal
 - d. Straight Line Drop
4. Focus - Alternate your attention on the receiver, quarterback and the ball.
 - a. Use your run / pass key.
5. Location - Put yourself in a location within your area, which enables you to play the receiver or receivers and the ball to all points of your area. If ball is being held by Qb, then work to your third, half or divider, if a receiver takes you there.
6. The Ball - When the ball is in the air, drive to meet it at its highest point or "search" the receiver.

1. DEEP THIRD TECHNIQUE

Korner - When you are responsible for deep third, you do not have primary force responsibility. Play PASS first! The technique may be played from normal or bump (bail) alignment. As you drop, key receivers #2 to #1. If no deep threat by the #2 receiver, play man on #1 in your zone. Stay as deep as any receiver in your zone.

- a. Bail Technique - Align in a bump position vs. split out receiver. Look at receiver, not in at QB. As receiver starts release, open with receiver to your inside. Work to keep receiver in a position to your inside in order to see receiver, QB and any #2 receiver to your side. If no #2 threat, play #1 man. If there is a #2 threat, stay in a position to play the deepest receiver in your zone.

Safety - Start rotation to your zone on snap. If pass, continue to aim point or a position outside the #1 receiver, then start a back pedal. Key receivers #2 to #1. Stay as deep as any receiver in your zone. See QB and get a good break on throw.

2. DEEP HALF TECHNIQUE

Always take steps toward your aim point vs. run or pass. If pass, cross over or back pedal to aim point and key the #2 receiver. If no #2 receiver, look up and play the #1 receiver (periph the QB). If #2 is in the seam, drop in a manner that you can make a play on him if ball is thrown deep.

3. POST TECHNIQUE

Free Safety - Key uncovered linemen, ball and backs triangle. Get a jump on the QB's arm action, when in zone coverage. Get a jump on QB's eyes when in man coverage.

Strong Safety - Read tight end, guard, tackle, Qb and near back triangle for your run / pass key. If pass, cross over or drift to your aim point and read QB (periph receivers).

4. KLOUD TECHNIQUE

Korner has force or outside divider pass responsibility. Align or stem to a normal or engage position. Delay the downfield progress of the split receiver, re-route him and destroy the timing of the pattern.

- a. Keep feet and shoulders parallel to L.O.S., hips low, body under control. Be ready to move laterally as receiver approaches you.
- b. Focus on the mid-section, numbers area of receiver. Hit receiver, forcing him inside or outside. Knock him off stride or re-route him. Be prepared to absorb receiver; not lunge, shuffle; not cross over.
- c. After hand shiver, read the #2 receiver as you move to your area of responsibility.

1. Outside release by #1 - Turn back inside and take away the fade route (**Kloud and Fade technique**). React up on throw to any #2 receiver in front of you. If no #2 receiver in your zone, continue deep help on #1 receiver.
2. Inside release by #1 receiver - Work for depth in your zone, keeping #1 receiver to your inside. Take away the corner route or out route by #1, then any #2 receiver in front of you.
3. Be alert for screen!
4. React immediately to ball thrown in front of you. A split second delay in reacting back to the ball can be the difference between no gain or a five yard gain. Work outside-in (squeeze) with linebacker on your approach to make the tackle.
- d. The success of many coverages depends largely on our linebackers and defensive backs getting the job done by the jam technique. By not allowing the receivers to get downfield at will, we make the QB look elsewhere to throw the ball, or better yet, we make him hesitate and that gives our linemen a chance to get to him.
- e. Types of Kloud Techniques
 1. **Corral** - Force receiver to inside on his release.
 2. **Jam** - Just "get a hit" on receiver regardless of his release attempt.
 3. **Lane** - Force receiver out of the "Lane" to the inside or outside based on his alignment.

5. SKY TECHNIQUE

Safety or Slot Korner has force or outside divider responsibility. Align in proper position to force or execute pass defense. Delay, re-route or destroy timing of pattern when appropriate.

a. Types of Sky techniques

1. **Drift** - If no #2 receiver, help on inside routes by #1.
2. **Lane** - Force receiver inside or outside based on alignment. If inside release, backpedal at an angle to take away the curl route of the #1 receiver. Keep leverage on any #2 receiver into your zone, but maintain depth through the curl area. Break up on throws to any receiver in front of you. If outside release, take receiver man-for man on all out routes and "zoom" technique the #1 receiver. Fade technique the #2 receiver if he continues on up the field after an outside release.
3. **Fence** - Inside divider defender and outside divider defender keep the #2 and #3 receivers between them and play them man conscious based on their release.

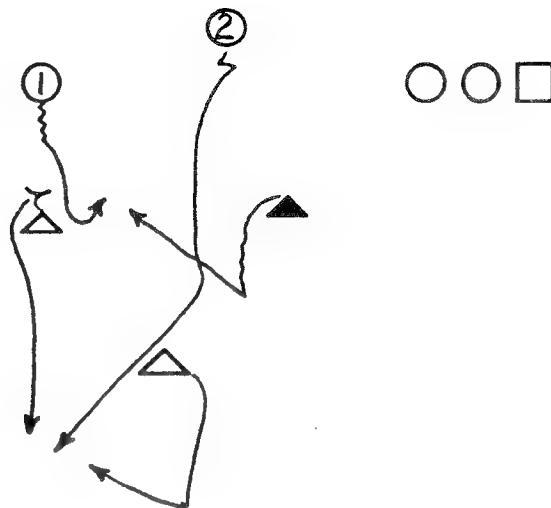
6. **BLIZZARD TECHNIQUE**

Linebacker (xx) has force or outside divider responsibility. Korner has third responsibility when Blizzard is the force call. Safety replaces linebacker in the inside divider and uses **drift** or settle technique to get there.

7. **CROSSFACE TECHNIQUE**

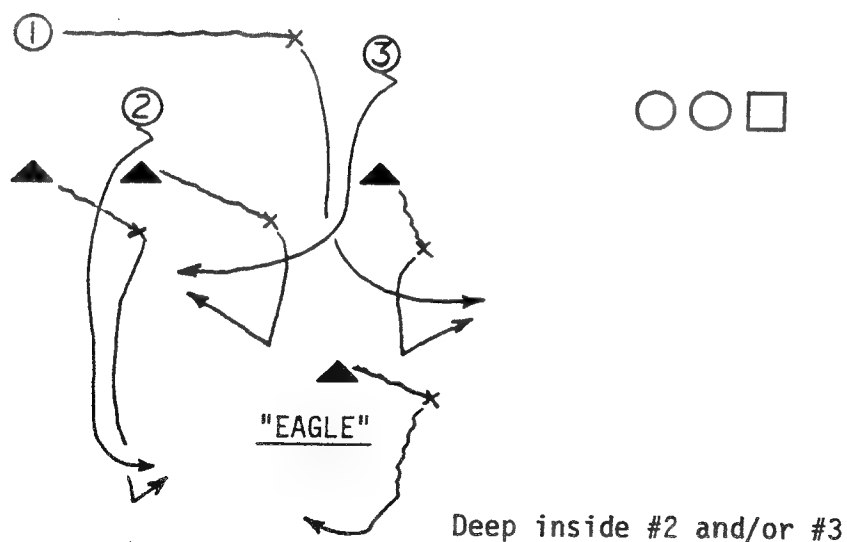
A technique used by outside divider defender (XX or LB) against a detached #2 receiver. Align or stem to a position off and to the inside of receiver. Read run / pass key and force if run. If pass, make it tough for receiver to get an inside release. Jam and disrupt any release while working across the face of the receiver as you go to outside divider.

8. **Zoom Technique** - When a defender (X,XX,Cougar or Lb) has chase responsibility on a receiver that starts upfield, read the #1 receiver for delay, zoom or zoom hook as well as listening for a "zoom" call. If you read or hear zoom drop your chase responsibility and go directly to the Zoom route.

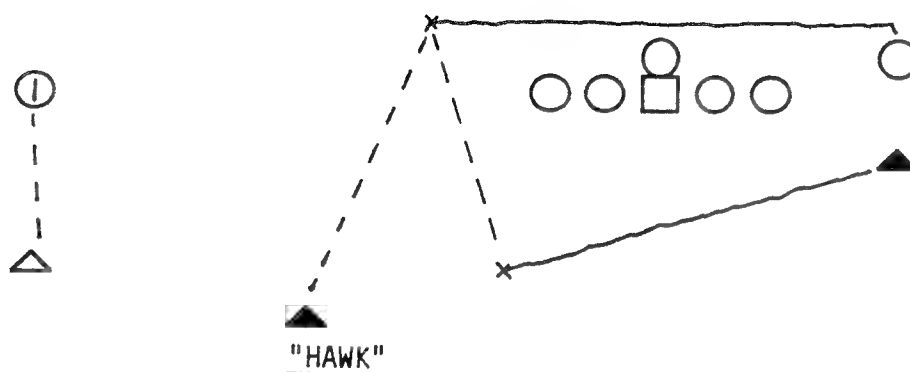


ZONE TECHNIQUES WITHIN MAN COVERAGE

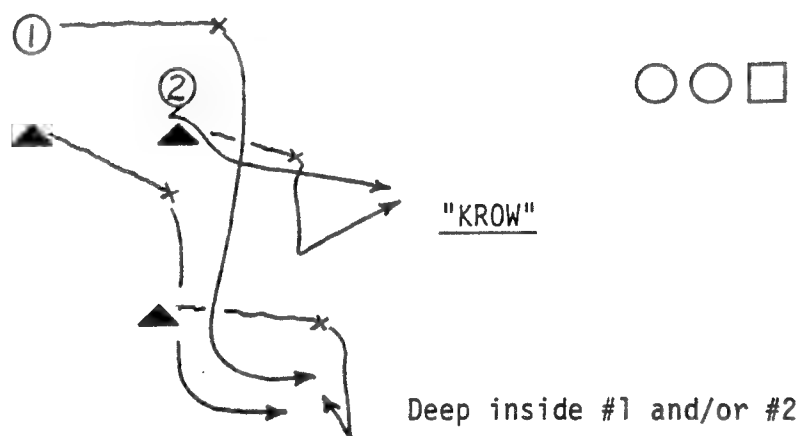
1. Eagle (Box) - Korner is man-for-man on the #1 receiver. X and XX (any two defenders) are E/Z technique on #2 and #3. Safety is Deep Inside technique on #2 and/or #3.



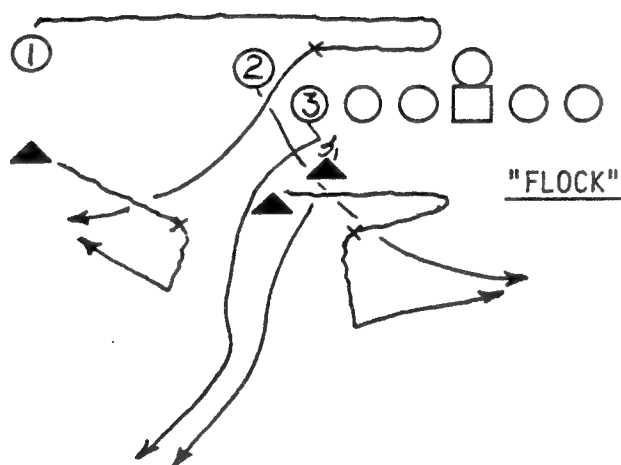
2. Hawk - Safety bracket the receiver in motion with the defender covering that receiver.



3. **krow (Kone)** - korner uses E/Z technique on #1 and #2 with the defender coming over with motion. Safety uses Deep Inside technique on #1 and/or #2.



4. **Flock** - Technique used when three receivers line up or motions into a position where traffic is a problem for the defenders. The defender responsible for the receiver that is on the L.O.S. use bump technique (know where help is). The defenders responsible for the two receivers off the L.O.S. play E/Z technique on those two receivers.



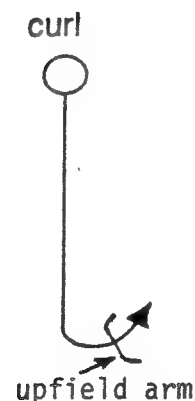
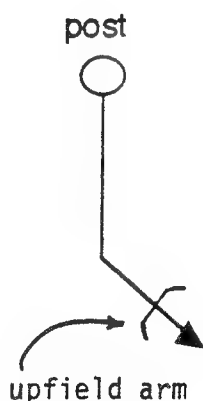
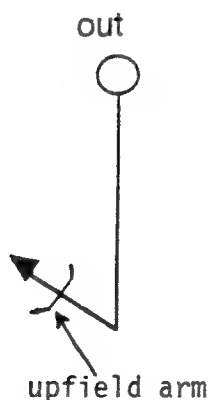
ZONE COVERAGE COACHING POINTS

1. Be aware of receivers and know what your quick threats are doing.
2. Attempt to reach a man to man relationship with the receiver in your zone.
3. Sprint to the ball it is thrown.
4. Know where your zone is and defend that area first.
5. Play the ball!!
6. Punish the receiver if he catches the ball.
7. Read QB, receivers and patterns.

MISCELLANEOUS DEFENSIVE BACK TECHNIQUES

1. SEARCH TECHNIQUE

If your receiver is going to catch the ball and you have no chance to intercept or deflect the pass, you should strip away the upfield arm of the receiver. This is the arm farthest from the ball.



2. STALK AVOIDANCE TECHNIQUES

Stalk block - A block usually made by a receiver on a defensive back with the purpose of walling the defender off from a running play.

- a. **Swim** - If the receiver is running or still moving as he approaches, use a "swim" move to escape the stalk block. Grab or slap a shoulder and pull or side step the receiver on that same side.
- b. **Butt & Pull** - If the receiver has approached and stopped or settled, hit into receiver with both hands and helmet forming a triangle. The helmets meet at the top of the triangle as both hands hit into the shoulders pushing the receiver backwards. As he starts to fight to get his balance, grab cloth at the shoulders and pull him past. Escape on the side of your run responsibility (if there is doubt, think contain).

GENERAL FIELD INFORMATION

ZONE DEFINITIONS:

1. **Dividers** - the underneath areas of a zone defense extending from the L.O.S. up to 17 yards deep.
 - a. **Outside dividers** - Extend from the inside edge of the numbers to the sideline.
 - b. **Inside dividers** - Extend from the middle of the field to the inside edge of the numbers
 - c. **Middle Hook** - Extend from hash to hash
2. **Deep Zones** - Areas in the zone 17 yards or deeper.
 - a. **Deep Third** - Extend from college hash (approx. 4 yards inside the #'s) to sideline.
 - b. **Post** - Extends from college hash (approx. 4 yards inside the #') to college hash.
 - c. **Deep Half** - Extend from the middle of the field to the sideline.
 - d. **Deep Outside Quarters** - Extend from the inside edge of numbers to the sideline.
 - e. **Deep Inside Quarters** - Extend from the middle of the field to the inside edge of the numbers.

ZONE AIM POINTS

When in zone defenses, aim points are the areas of the field that would put you in the middle of your zone responsibility if QB has not thrown ball or if two or more receivers are in your zone. These are the aim points to which you would run until you can read patterns or the receivers in your zone.

1. **Underneath Zones** - Depth of 12 yards.
 - a. **Outside Divider** - Halfway between sideline and numbers.
 - b. **Inside Divider** - 3 yards outside the hash.
 - c. **Middle Hook** - Middle of the field.
2. **Deep Zones** - 17 yards or deeper.
 - a. **Deep Third** - 3 yards outside the numbers.
 - b. **Post** - Middle of field (between the hashes; on Goal Post)
 - c. **Deep Half** - Inside edge of numbers.
 - d. **Deep outside Quarters** - Halfway between the numbers and the sideline.
 - e. **Deep Inside Quarters** - 3 yards outside the hash.

DEFENSE TABLE OF CONTENTS

PART I - BASIC INFORMATION

PAGE #

OBJECTIVES.....	1
FORMULA FOR SUCCESS.....	3
IMPROVEMENT AREAS.....	8
STATISTICAL GOALS.....	12
DEFENSIVE PERSONNEL.....	15
DEFENSIVE PROCEDURES.....	16
ABBREVIATIONS.....	18
HOLE NUMBERING.....	19
POSITIONING - DL-LB-DB.....	20
GENERAL DEFENSIVE TERMS.....	28
OFFENSIVE POSITIONS.....	29
OFFENSIVE TERMS.....	30
FORMATION RECOGNITION.....	32
MOTION TERMINOLOGY.....	44
RUN SERIES AND BLOCKING.....	47
OFFENSIVE PASSING GAME.....	55
FORCING FUMBLES.....	72
2 MINUTE DEFENSE.....	73

PART II - FORCE SECTION

PART III - FRONTS

PART IV - COVERAGES

PART V - BLITZ

PART VI - SHORT YARDAGE - GOALLINE

**"The will to win
means nothing
without
the will to prepare."**

PATRIOT DEFENSIVE OBJECTIVES

The main objectives of our Defense are to:

- I. Keep our opponent from scoring
- II. Gain possession of the ball for our offense in the best possible field position.
- III. Score on Defense

EXPLANATION

- I. Defensive success is measured by the number of points scored against it. The only way to succeed in this area is to play TEAM DEFENSE. We have a front line unit that is coordinated with a linebacker unit, which in turn is coordinated with a back unit. The key word is COORDINATED. Everyone must carry out an assigned responsibility for every defense called, in order for the defense to function as a unit. Strive for success as an individual but always with discipline and within the framework of TEAM DEFENSE.
- II. To gain possession of the ball for our offense in the best possible field position is our second objective. We will do this by FORCING THE OPPONENT TO GIVE BALL UP ON DOWNS especially when we have our opponent in his end of the field, and by FORCING TURNOVERS. To force our opponent to give ball up on downs we will:
 - A. Hold opponent to 3 yds. or less on first down
 - B. Eliminate mental errors which result in "Big Plays" by offense
 - C. TackleTo force turnovers we will:
 - A. Knock ball loose by gang tackling - strip the ball - punch the ball loose.
 - B. Pressure QB to throw early - cause INTERCEPTION
 - C. Cover receivers tight to make QB hesitate - causes SACK - FUMBLE - INTERCEPTIONAs we successfully achieve these goals our ultimate goal of limiting scoring will take care of itself.
- III. Scoring on defense is returning a fumble for TD - returning an interception for TD - block FG and return for TD - tackle opponent in end zone for safety. The important points to help us score are:
 - A. Make sure we secure the ball before attempting the return.
 - B. Make sure we block the closest offensive players, especially the intended receiver after an intercept.

C. When we score on Defense, it is usually the decided^{1st} factor in winning the game. When the turnover ratio is on the plus side, you are playing winning football. The greatest contribution a defensive unit can make to the team is to create a turnover and score, or at the very least, change the momentum of a game in our favor.

PATRIOT DEFENSE SUCCESS FORMULA

I. VARIATION OF DEFENSES

Our defenses are so designed as to provide our front line with multiple but sound variations in location and different types of charges. By doing so enables us to destroy the organization of a run, and cause confusion which can cause an offense to lose its poise and assurance. Our secondary is also provided a variation of pattern, which includes man-for-man, zone and combination coverages. If our backs^{which includes LBs} execute our coverages properly, we will present problems to the QB and receivers. We want to create doubt as to the type of coverage they are facing, thus reducing their confidence. We shall also vary our support pattern on running plays.

II. RUN DEFENSE

Although all phases of Defense are important, the most important is RUN DEFENSE. Our goal is to keep the gain to a minimum and prevent a long run. Long runs can be traced to a ball carrier finding a "crack" in the front, missed tackles or improper pursuit. It is essential that every man STAYS ON HIS FEET. To accomplish this you must:

- A. SEE the blocker
- B. NEUTRALIZE the blocker
- C. LOCATE the ball
- D. SHED the blocker
- E. ATTACK the ball carrier and TACKLE aggressively

How well we tackle will determine our success. We must meet ball carrier with a "Knock Him Back" attitude to keep gains to a minimum.

III. PASS DEFENSE

This starts by combining pressure on the QB with jamming and disrupting the timing of receivers and their patterns. We must communicate to be effective in pass coverage. Code words, "Ball" call, hand signals are all important and are the responsibility of everyone in our secondary. Our theory is to mix man and zone coverages. Along with varying our alignments it will create uncertainty for the offense. No where is the concept of coordination more evident than in pass defense. This coordination along with pressure on the QB by the line and LBs will allow us to have success in this area.

IV. WORK

While we feel that there are many things which can contribute to a successful team defense, by far the most important is for all defensive players to be fundamentally sound in the techniques of their individual position. No matter what our defensive alignments or philosophy, our defense will be only as strong as the individuals that make it up. Each player must constantly strive to improve the individual techniques he must perform. A team plays the way it practices. Each practice should be a challenge for self-improvement in some phase of defensive technique. We want our defensive personnel to be analytical and recognize the areas where they need work. We want them willing to spend extra time on their weaknesses. Remember, practice does not make perfect; only Perfect practice makes Perfect. Practice with as much "game like" tempo as possible - at all times.

V. INTELLIGENCE

Know your defensive assignments. This eliminates the possibility we might beat ourselves. To play our best, other team members must have confidence in you and know that you will be in the right place and carrying out your assignment. You must eliminate hesitation so you can be a confident player.

VI. TOUGHNESS

Be mentally and physically tough. Football is a test of man's mental and physical toughness. Ability alone is not enough. Defensive football always has and always will be a test of contact courage. The surest way to win is to physically defeat and intimidate your opponent. Go after them every down - challenge your opponent.

VII. TACKLING

Each offensive team in the National Football League has various weapons it will use to help them achieve victory. It may be their running or passing game or even a combination of both. However, the defense has only one weapon and that is their ability to tackle.

The ability to tackle well can be developed through the understanding and application of sound fundamentals and techniques. We will work every day in practice to improve these skills, both as individuals and as a team.

The three basic elements of tackling are:

1. APPROACH

This involves your movement to the ball carrier and gathering yourself to explode into him. This requires concentration on the runner. You must use your eyes and pick a spot on your opponent. Keep your eyes open and your head up. As you approach him, get close to him and "Step on his toes." Too often a missed tackle is the result of being too far away from the ball carrier. Your feet must be as wide or wider than the ball carrier's hips to insure a good base. Flex your knees and lower your hips to get under control and to put your body in a position to strike.

2. CONTACT

In a game, we want to get the ball carrier down any way we can. But when the opportunity to make a great hit is there, we want to punish and intimidate our opponent. Explode up through the runner, club your arms around him and grab cloth. It is often the second man on the tackle who causes the fumble. We want to take something out of our opponents on each play and wear them down. A ball carrier can only take so many hits before fatigue sets in and then he is more vulnerable to fumble(s) and less likely to make a long run.

3. FOLLOW THROUGH

To follow through effectively requires concentration and intensity. Explode through the runner to his backbone. Continue to drive your legs forward to stop the ball carrier's forward momentum and knock him back! Pin the runner to the ground and separate him from the ball.

TACKLING TECHNIQUES

There are three basic tackling techniques that we must master to be a great defensive team. Each player will find it necessary to execute all of these techniques at one time or another.

1. CHEST TACKLE

This technique is used most frequently when the ball carrier is confined to a small area. Attack the ball carrier square, driving your chest and shoulder ("Numbers to Numbers") up and through his chest. Club your arms around the runner and "Grab Cloth."

2. SHOULDER TACKLE

This technique is one that everyone must master. It requires concentration on both the ball carrier and where he is carrying the ball. From a position directly in front of the ball carrier strike the runner with your shoulder that is opposite the side of the ball and "Grab Cloth."

3. ANGLE TACKLE

This technique is used by everyone in many situations throughout a game. As you approach the ball carrier, you must concentrate on him. Pick a spot on the hip that is closest to you and give the runner only one way to go. Take one more step and strike the ball carrier with your near shoulder on his hip. Club your arms around the ball carrier and "Grab Cloth." When making angle tackle on the sideline, use the sideline to your advantage. By coming under control and maintaining leverage on the runner, the sideline becomes our twelfth man on defense.

The final ingredient to becoming a great tackler is you!

VIII. TROUBLE SITUATIONS

In virtually every game, our defense will be faced with several difficult situations. We refer to these as "Trouble Situations" and the way we handle these three or four plays, or perhaps series of plays, will usually determine the outcome of the game. These "Trouble Situations" fall into several categories:

1. Our opponent is moving the ball against us and appears to be gaining momentum.
 2. Our opponent has possession inside our 35 yard line.
 3. Our opponent has gained possession in excellent field position through an interception, fumble recovery, long return, or blocked kick --
"Sudden Change."
 4. The last two minutes of the half or game and we are protecting the lead.
 5. "Sudden Death" -- the overtime period of a game that ended in a tie.
- The way a team responds to these situations is an indication of an attitude. We will accept these trouble situations as a challenge and an opportunity to show our defensive greatness.

Our plan for handling "Trouble Situations" successfully will be referred to as our 3-A plan:

1. ASSIGNMENT

Each player must know the details of his assignment when he breaks huddle.

2. ALIGNMENT

Everyone must line up exactly where our defensive call requires that you be.

3. AGGRESSIVENESS

On the snap, carry out your responsibility aggressively. DO NOT BE CAUTIOUS!

ONE PLAY AT A TIME

Each individual must play the next play as the most important play of the entire game. To prevent them from scoring requires your total concentration and intensity on the next play only.

IX. AVOID GAME LOSING PENALTIES

There are 3 types of penalties that hurt a defensive unit a great deal and often can make a big difference in the outcome of a drive and ultimately the outcome of a game. We must avoid these penalties:

- A. Interference
- B. 3rd Down Penalties
- C. Inside +20 Penalties

The formula for success has been established and we must develop an attitude that nothing will keep us from becoming the "Best." We as a team will do "whatever it takes" to achieve our goals. Within the pattern of our defense you make the play that sets the tempo for our Defense.

IMPROVEMENT AREAS

1. HITTING RECEIVERS - *As they are releasing*

This is an area that can give us the biggest improvement in our pass defense stats, especially our zone defenses.

How Accomplished:

- A. Work on striking drills - sleds, bags, etc.
- B. Get hands on receiver.
- C. Improve shuffle techniques to stay in front of receivers.
- D. LB's work on keeping good position on Y and Backs so you can get a hit on them.
- E. Stay square on receiver.

2. MAN TECHNIQUES

We will be in some type of man coverage 40% of the time. The importance of improving our man coverages cannot be over-emphasized.

How Accomplished:

- A. 1 on 1 Drills - work vs. the best receivers.
- B. Know where your help is and utilize this help.
- C. Study the receivers you will be covering.
- D. Work always to improve your closing step.

3. RUN DEFENSE

We can be a much-improved defense if we improve in this area.

How Accomplished:

- A. Practice disengage and shedding of blockers.
- B. Practice proper pursuit angles.
- C. Study and know our force coordinations so you know where everyone is and what their assign.^{is} Force men know charge of OLB's.
- D. Tackling Drills
- E. DB's work in practice to improve disengage from Stalk Blocks.
- F. Concentration and hard work in run technique drills. 1 on 1, 2 on 2, Half line, full team. Carry these techniques from individual drills to team.
- G. Force men work hard to get to proper position on motions.

4. PRACTICE HABITS

Develop and improve the skills necessary to play your position. Don't stay the same.

How Accomplished:

- A. Concentration
- B. Work at right tempo.

- C. Competition with yourself and others.
- D. Have goals for improvement.
- E. DB's and LB's full speed in 1 on 1 drills.
- F. Pass Rush drills - full speed.

5. GETTING OFF ON BALL

We are not getting off ball as well as we can.

How Accomplished:

- A. Cadence drills
- B. Sight - Get Off Drills
- C. Concentration in practice - especially during offensive drills.
Avoid bad habits by concentrating and getting off on movement of ball.

6. IMPROVE OVER ALL STRENGTH

This will help us in tackling - taking on blockers and disengage - hitting receivers - avoiding injuries - not allowing QB to escape when he is in our grasp.

How Accomplished:

- A. Get involved 100% in our off-season, pre-season and in-season strength programs.
- B. Set goals - work toward those goals.
- C. Have pride in your individual group - we can't have a weak link in any area - DL - LB - DB.
- D. Work on specific exercises important for your position.
- E. If injured, maintain strength by doing optional exercises.

7. PASS RUSH

We all know the importance of pressure on the QB as it relates to the success of pass defense. We can improve in this area.

How Accomplished:

- A. Pass Rush Drills, 1 on 1, 2 on 2, 4 on 5.
- B. Improve coordination of deals and blitzes.
- C. Film study of pass blocker you will be working against. Have a plan!
- D. We can improve our lane discipline by knowing the overall pass rush scheme.

8. IMPROVE CAUSING FUMBLES

We need to get into the 35-40 caused-fumble area (in 1991 we had 32 caused fumbles) (Phil. was #1 with 43)

How Accomplished

- A. Strip ball and punch ball loose in practice
- B. Work hard on turnover drills
- C. Know when you can try to knock ball loose (Gang Tackle situations)

9. IMPROVE DEFENSE INSIDE +20

Playing good run and pass defense in this area often is the margin for victory. In 1991 our opponents were in this area 45 times and had the opportunity to score 315 pts. They scored 183 pts. or 58% of possible points.

How Accomplished

- A. Know and understand the differences in our defenses when in this area.
- B. Work hard during our inside +20 skeleton and team drills. When one group is working, players not working know what defense is being called and watch your position.
- C. Study film of our opponent in this area.

10. IMPROVE 2 MINUTE DEFENSE (End of Half and Game)

We do not want to play good defense for 28 minutes of each half and then allow easy scores in the last 2 minutes. In 1991 we had 23 2 min. situations vs. us and we allowed 13 scores (8 TD - 5 FG) which means they scored 57% of the time. This % of scoring should be 20% or less.

How Accomplished

1st 7 Games - 12 Runs 9 Scores 6 TD - 3 FG
Last 9 Games - 11 Runs 4 Scores 2 TD - 2 FG
36% Last 9 Games

- A. Know your assignments during no huddle situations.
- B. Reroute receivers
- C. Improve pass rush in this fast paced period - this is where conditioning for defensive linemen pays off.
- D. Keep cages vs. running QB.
- E. Good ball reaction and swarm to ball.
- F. Improve communication during no huddle plays - know defense called.
- G. Know when we have to play good run defense.
- H. Concentration during 2 minute drills in practice.

11. IMPROVE INTERCEPT RATIO

We intercepted 1 pass every 47 attempts. We must get our ratio to 1 every 23 attempts. Intercepts can change the course of a game very quickly.

How Accomplished

- A. Ball Reaction Drills
- B. Catching Drills - (we dropped 17 possible Int. in 1991)
- C. Read and React to QB Throw
- D. Go for ball in Skeleton and Team drills.
- E. Think you can get ball.

12. IMPROVE GAME TEMPO

In 1991 we played at a high level of intensity. However, we can improve this and step up to the next level to become a top defensive team.

How Accomplished

- A. Veteran leadership for practice and games
- B. Young player enthusiasm for practice and games
- C. Think-3 and out.

STATISTICAL GOALS - 1992

1. Hold opponent to 17 points or less
1991 - we had 5 games with 17 points or less (19.1 avg)
1991 - #1 team in NFL - San Fran with 13 games 17 or less
1991 - Washington 12 games 17 or less (14.0 avg)
Buffalo 8 games 17 or less (19.9 avg) *Best AFC Denver w/ 12*
10 games 20 pts or less
2. Hold opponent to 300 total yards
1991 - we had avg of 339 yds per game
1991 - #1 in NFL - Phil 222 yds per game
1991 - Washington 268 yds per game
Buffalo 341 yds per game *Best AFC Denver 284 90 yds per*
3. Hold opponent to 100 yards rushing
1991 - we had avg of 99 yds rushing per game
1991 - #1 in NFL - Phil 71 yds rush per game
1991 - Washington 84 yds rush per game
Buffalo 128 yds rush per game *Best AFC Det*
4. Hold opponent to 200 yards passing
1991 - we had avg of 241 yds passing per game
1991 - #1 in NFL - Phil 151 yds passing per game
1991 - Washington - 184 yds passing per game
Buffalo 213 yds passing per game
5. Hold opponent to 3.0 yard gain (Run or Pass) on 1-10 55% of time
1991 - we did this 118 of 214 1st down plays - 55%
6. No runs over 20 yards
1991 - We had 8 runs over 20 yards. *30 yds 3 runs*
7. No passes over 40 yards.
1991 - We had 6 passes over 40 yards.
8. Hold opponent to 1 TD pass
1991 - we did this in 9 games - total of 25 TD passes
1991 - #1 in NFL - Buffalo with 12 TD passes
1991 - Washington had 13 TD passes
Buffalo had 12 TD passes *Best AFC Buffalo gave up 20 rush TDs*

9. Hold opponent to 6.0 avg per pass attempt
 1991 - our avg per pass attempt was 6.8
 1991 - #1 in NFL Phil. avg per pass att. 5.2
 1991 - Washington avg per pass att. 5.4
 Buffalo avg per pass att. 6.4 *Best AFC - Den 5.8*
10. Hold opponent to 11.0 avg per pass completion
 1991 - our avg per pass completion was 11.5
 1991 - #1 NFL Wash. avg per pass complete 10.1
 1991 - Washington avg per pass complete 10.1
 Buffalo avg per pass complete 11.4 *Best AFC Sea 10.1*
11. Intercept 1 pass every 23 attempts.
 1991 - we intercepted 1 pass every 47 attempts.
 1991 - #1 in NFL N.Orleans 1 Int every 17 attempts
 1991 - Washington - 1 Int every 20 attempts
 Buffalo - 1 Int every 23 attempts *Best in AFC. Buff*
12. Recover 1 fumble per game
 1991 - we recovered 19 fumbles
 1991 - #1 in NFL Phil with 22 fumble recoveries
 1991 - Washington 14 fumble recoveries
 Buffalo 14 fumble recoveries *Best AFC - Sea w/ 21*
13. Total of 2 or 3 turnovers a game (determined by number of passes)
 1991 - we had 31 total turnovers
 1991 - #1 in NFL Phil with 48 turnovers
 1991 - Washington had 41 turnovers
 Buffalo had 37 turnovers *Best AFC - Sea 39*
14. 1 Sack per game vs. passes in run situations (1-10 and 2nd 1-6)
 1991 - we did this in 8 games *Difficult 73% These passes thru Ball 1-8 sec or less - Tough to sack*
15. 1 Sack every 11 pass attempts in all other down and distance situations (Pass situations and 2 min.)
 1991 - we had 1 Sack every 19 attempts in these situations
16. Harass QB 1 of every 4 pass attempts *30% complete when Harass 32 of 108 Att*
 1991 - we harassed QB 1 of every 5 pass attempts
17. 5 or less missed tackles per game
 1991 we did this in 8 games
 (Total of 100 missed tackles or 6 per game)

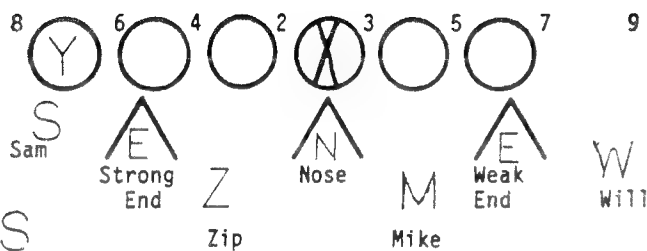
18. 3rd Down efficiency of 35% or lower -
 1991 - our 3rd down efficiency was 42%
 1991 - #1 in NFL N.Orleans 3rd down efficiency of 26%
 1991 - Washington 34% 3rd down efficiency
 Buffalo 34% 3rd down efficiency *Best AFC - Week 31. 70*
19. No 3rd Down Penalties or Inside +20 penalties
 1991 - we had 19 of these penalties
20. Short ydg - Goalline Defense (60) efficiency of 55%
 1991 - we were successful 62% of time in 60 Def.
21. Get ball for our offense inside +50 2 times a game
 1991 - we did this in 5 games (total 16 times)
22. 3 points or less allowed in 4th Quarter
 1991 - we did this in 7 games
 Total 86 points in 4th Quarter 5.4 per game
 1991 - #1 NFL Detroit 54 pts 3.4 per game
 1991 - Washington 58 pts 3.6 per game
 Buffalo 96 pts 6.0 per game *Best AFC - Week 3.4*
1st 8 Games we gave up 64 pts in 4th Qtr 8.0 P4
2nd 8 Games we gave up 34 pts 4.2 P4
23. No TD if opponent starts drive +35 yd line or closer
 1991 - we allowed 4 TDs in 16 of these situations
24. No Score 2 Min Drives - End half or Game
 1991 -we allowed 13 scores in 23 2 min. drives
8 TDs 5 FGs
25. 5 Turkeys per game (3 play drives)
 1991 we had 51 Turkeys - 3 per game

DEFENSIVE PERSONNEL

Every Defensive man has a code name. These names are significant for carrying out individual responsibilities in Team Defense.

30

(Z)



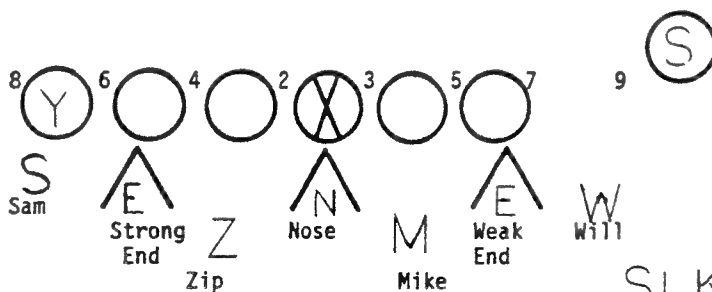
SK
Strong
Korner

SS
Strong
Safety

FS
Free Safety

WK
Weak
Korner

30



SS
Strong
Safety

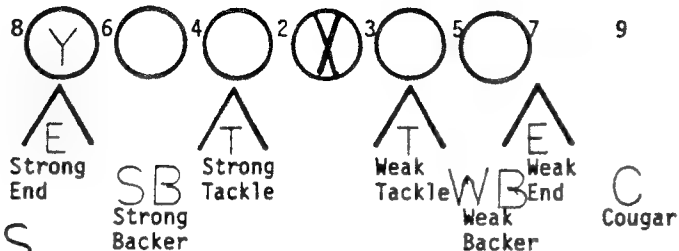
FS
Free Safety

SLK
Slot
Korner

SK
Strong
Korner

Cougar

(Z)



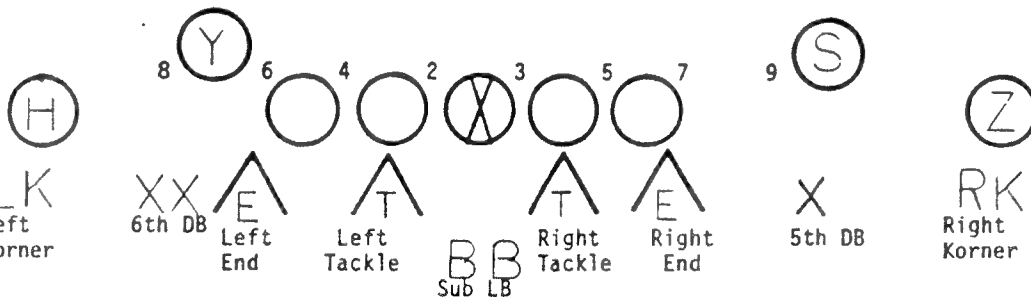
SK
Strong
Korner

SS
Strong
Safety

FS
Free Safety

WK
Weak Korner

42
XX



LK
Left
Korner

XX
6th DB

E
Left
End

T
Left
Tackle

BB
Sub LB

T
Right
Tackle

E
Right
End

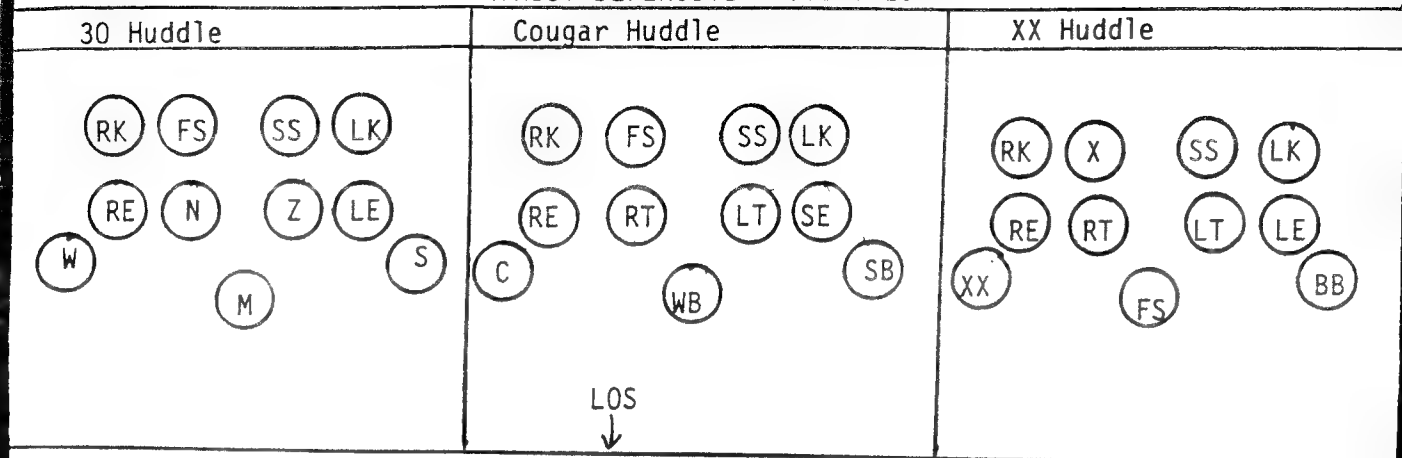
X
5th DB

RK
Right
Korner

FS
Free Safety

SS
Strong Safety

PATRIOT DEFENSIVE PROCEDURES



1. NT or DTs responsible for formation of Huddle.
2. As soon as Huddle is formed - Will (SB or BB) spot and announce offensive personnel and announce down-distance.
3. Front line hands on knees - do not lean on each other.
4. Have head-up when defense is called - look at signal caller, see what you hear. No talking by anyone but signal caller.
5. If you do not hear the call or are confused, "Check."
6. Signal Caller will call defense as follows:

Part I - Front

Examples: 30 - Over - Set Under - Gap - Heavy - 42

This describes the front configuration as well as anything we do prior to getting into the front.

Part II - LB or Line charge

Examples: Sam Shoot Pinch - Base - Zip Shoot Deals
Pinch - Deals

This describes which Backer is going and his charge. If a Backer is not going it describes the Line charge.

Part III - Coverage

Examples: Cover I - Cover 2-4 - Cover Zorro - Cover Combo

Total Call Examples:

30 Base Cover 4

30 Sam Shoot Jam Cover Freeze Zone

Over Will Shoot Cover 2-4

Heavy Pinch Cover Zorro

42 Deals Cover Combo

NOTE: As we get used to the calls we will drop the word "Cover"

7. After call he will say "Ready Break" - all clap on "Break."
8. After break get to your position and be prepared.
9. Be alert for Quick Count.
10. Korner locate WRs to get your lineup.
11. Sam and SS locate Y to get your lineup-call Y side as he breaks huddle.
12. Sam call Y off or in backfield.
13. All LBs - DBs call out formation.
14. Safeties will be responsible for:
 - a) Changes of coverages (calls and hand signals)
 - b) Force Calls (calls and hand signals - also Slot Korner)
 - c) Calling Motion by WRs and Y
15. Mike and Zip will be responsible for: (BB in XX and WB in Cougar)
 - a) Changes of Fronts
 - b) Shifts of Fronts
 - c) Rip-Liz calls to indicate direction of OLB shoots (if defense calls for this)
 - d) Calling motion and shifts by Backs and Y
16. If no huddle by offense, we will use No Huddle procedure as designated in game plan.
17. LBs and DBs must communicate - relay coverage called and changes by voice and hand signals. As a secondary we must make certain everyone knows the defense we are in. Remember we have no secrets on defense. Even if the offense hears our calls, it is more important we have everyone on defense knowing the proper defense.

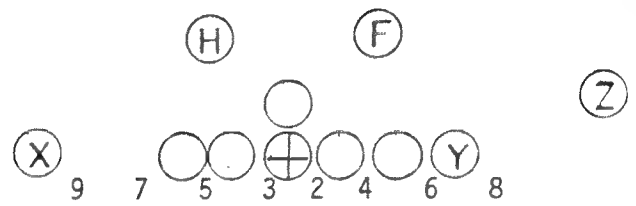
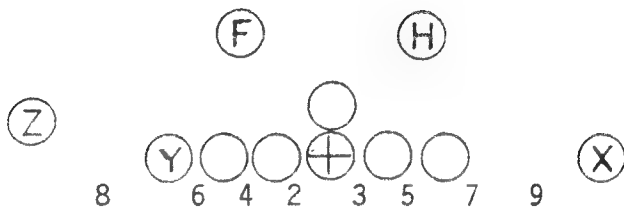
ABBREVIATIONS

1. <u>DT</u>	- Defensive Tackle	33. <u>SLK</u>	- Slot Korner
2. <u>SDT</u>	- Strongside Def. Tackle	34. <u>F</u>	- Fullback
3. <u>WDT</u>	- Weakside Def. Tackle	35. <u>H</u>	- Halfback
4. <u>N</u>	- Nose Tackle	36. <u>Y</u>	- Tight End
5. <u>DE</u>	- Defensive End	37. <u>Z</u>	- Wing
6. <u>SDE</u>	- Strongside Def. End	38. <u>X</u>	- Split End
7. <u>WDE</u>	- Weakside Def. End	39. <u>WR</u>	- Wide Receiver
8. <u>LB</u>	- Linebacker	40. <u>QB</u>	- Quarterback
9. <u>S</u>	- Sam Backer	41. <u>NX</u>	- Nasty Split End
10. <u>Z</u>	- Zip Backer	42. <u>TX</u>	- Tight Split End
11. <u>M</u>	- Mike Backer	43. <u>PF</u>	- Power Formation
12. <u>W</u>	- Will Backer	44. <u>FF</u>	- Finesse Formation
13. <u>LLB</u>	- Left Linebacker	45. <u>Int</u>	- Interception
14. <u>RLB</u>	- Right Linebacker	46. <u>COD</u>	- Change of Direction
15. <u>LILB</u>	- Left Inside Backer	47. <u>Inf</u>	- Interference
16. <u>RILB</u>	- Right Inside Backer	48. <u>LOS</u>	- Line of Scrimmage
17. <u>SK</u>	- Strong Korner	49. <u>PA</u>	- Play Action
18. <u>WK</u>	- Weak Korner	50. <u>STRG</u>	- Strong
19. <u>RK</u>	- Right Korner	51. <u>Wk</u>	- Weak
20. <u>LK</u>	- Left Korner	52. <u>STB</u>	- Strong Back
21. <u>SS</u>	- Strong Safety	53. <u>WKB</u>	- Weak Back
22. <u>FS</u>	- Free Safety	54. <u>QK</u>	- Quick
23. <u>R</u>	- Rover	55. <u>OR</u>	- Outside Release
24. <u>SH</u>	- Shift	56. <u>IR</u>	- Inside Release
25. <u>MOT</u>	- Motion	57. <u>DBL</u>	- Double
26. <u>X</u>	- Extra Back	58. <u>G.P.</u>	- Game Plan
27. <u>XX</u>	- 6th Back	59. <u>BLK</u>	- Block
28. <u>XXX</u>	- 7th Back	60. <u>SL</u>	- Sideline
29. <u>AB-BB</u>	- X Cover LBs	61. <u>SY</u>	- Short Ydg
30. <u>TE</u>	- 4 Point Def. Lineman	62. <u>GL</u>	- Goalline
31. <u>DB</u>	- Defensive Back	63. <u>BLZ</u>	- Blitz
32. <u>B</u>	- 3 or 4 Pt - Down LB	64. <u>POA</u>	- Point of Attack
		65. <u>TH</u>	- TE HB in white or black
		66. <u>S</u>	= Slot
		67. <u>SB</u>	= Strong Backer
		68. <u>WB</u>	= Weak Backer
		69. <u>C</u>	= Cougar Back

Note: Additional abbreviations will be throughout the book.

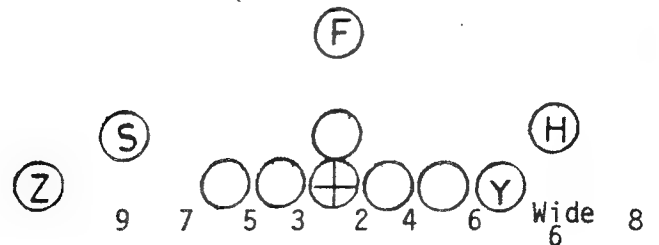
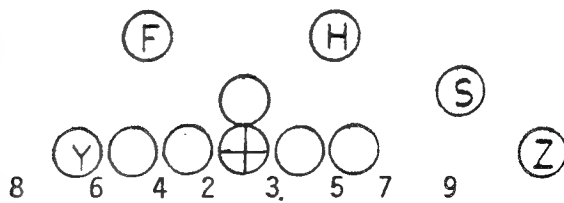
<p><u>Split Left</u></p>	<p><u>Split Right</u></p>
<p>Even numbers always go to Y side or his sub.</p>	
<p><u>Split Slot Rt</u></p>	<p><u>Slot Db1 Close</u></p>
<p><u>Y Bang</u></p>	<p><u>Y Cross Motion</u></p> <p>(Hole numbers change once Y crosses center)</p>
<p><u>White Trips (Twins)</u></p>	<p><u>Y in Backfield</u></p> <p>Note: Y behind QB or to left it will be Y left.</p>

Split Right

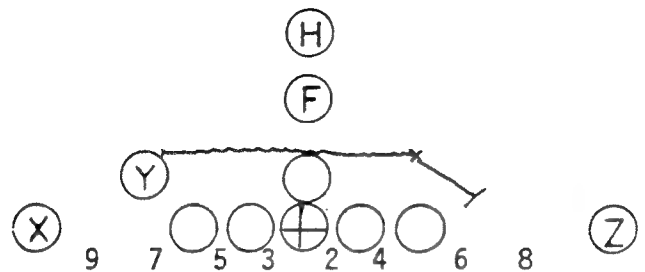
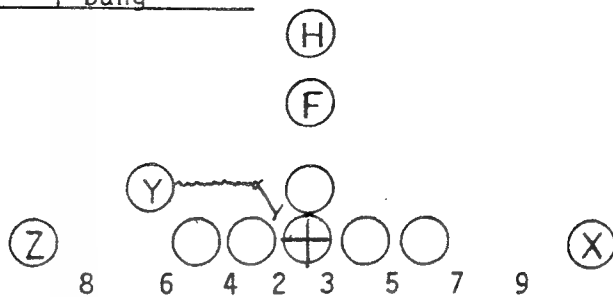


Even numbers always go to Y side or his sub.

Slot Db1 Close

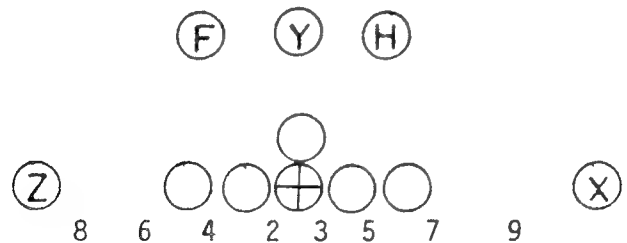
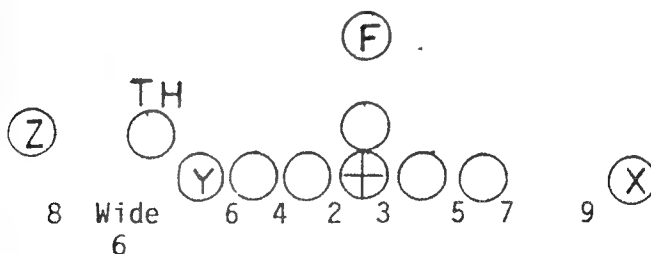


Y Cross Motion



(Hole numbers change once
Y crosses center)

Y in Backfield



Note: Y behind QB or to left
it will be Y left:

POSITIONS OF DEFENSIVE LINEMEN

Zero Position



All Linemen

1. Nose to nose
2. On ball, or off depending on G.P.
3. 3 pt. square, or 4 pt. square

One Position



All Linemen

1. Inside leg splitting crotch
2. On ball
3. 3 pt. slight stagger

Three Position



All Linemen

1. Inside foot to outside foot
2. On ball, or off line
3. 3 pt. slight stagger

Five Position



Ends

1. Weak outside angle
Focus to point -
Strong - split difference between TE and T.
2. On ball
3. Racing stagger

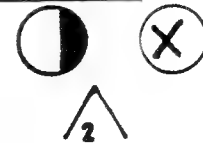
Seven Position



Ends

1. Outside split to non-hook pos.
2. On ball
3. 3 pt. slight stagger

Two Position



Tackles and Ends

1. Outside shoulder to inside shoulder
2. On ball
3. 3 pt. square, or 4 pt. square

Four Position



All Linemen

1. Inside gap
2. On ball
3. Square

Angle Nine Position



Ends

1. One and a half yds. angled on Y or T.

ZIP BACKER LOCATIONS

NOTE: By call Zip could play other LB positions

1

BASE: 4 yds off L.O.S. with inside foot on nose of Strong Offensive Guard (2 pt. stance)

2

TUFF: 2 pt. stance on the L.O.S. aligned in Base position on Strong Offensive Guard.

3

SPECIAL: 3 pt. stance on the L.O.S. aligned in Base position on Strong Offensive Guard or Weak Offensive Guard.

4

GUT: 2 pt. stance on the L.O.S. aligned in gap between Strong Guard and Center.

5

STACK NOSE: 2 pt. stance 4 yds directly behind Nose Tackle.

6

CENTER: 4 yds. off L.O.S. head on Center 2 pt. stance (also Special).

7

TACKLE BASE: 2 pt. stance 4 yds off L.O.S. inside foot on nose of Off. Tackle (also Special and Tuff).

8

SAFE: 2 pt. stance 7 yds deep on shoulder of Guard or inside divider.

9

FULL SLIDE ADJUSTMENT: For Zip and Mike.

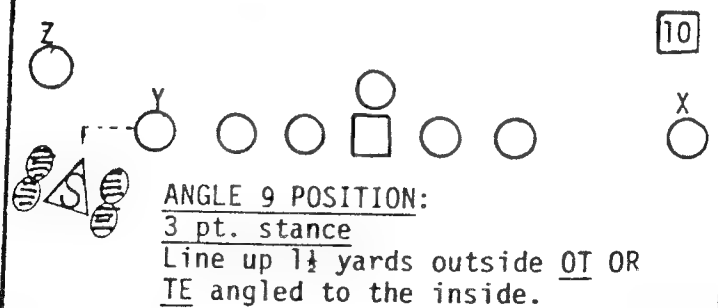
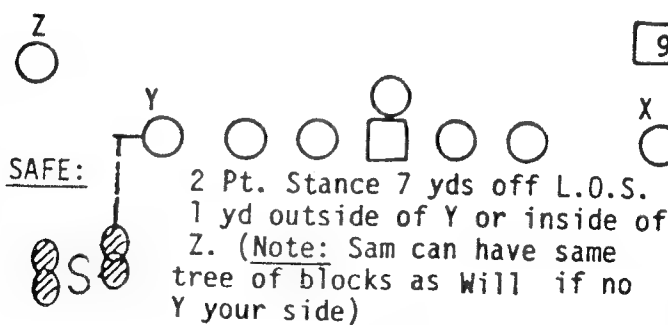
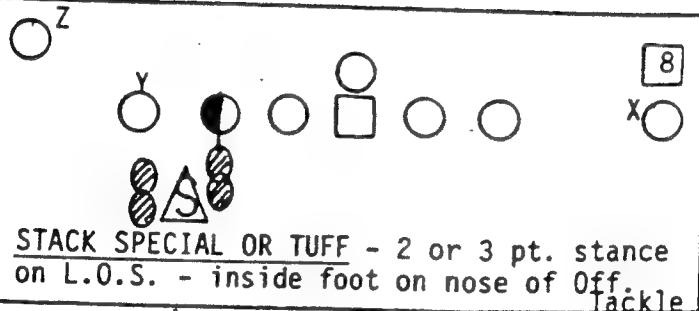
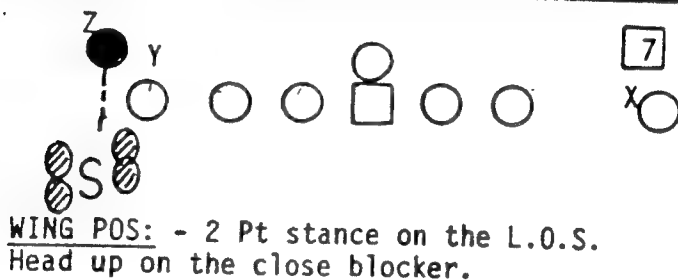
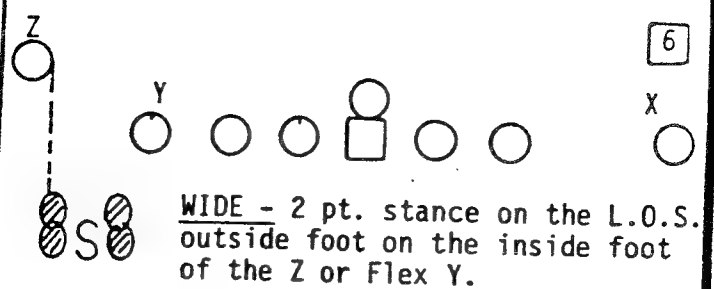
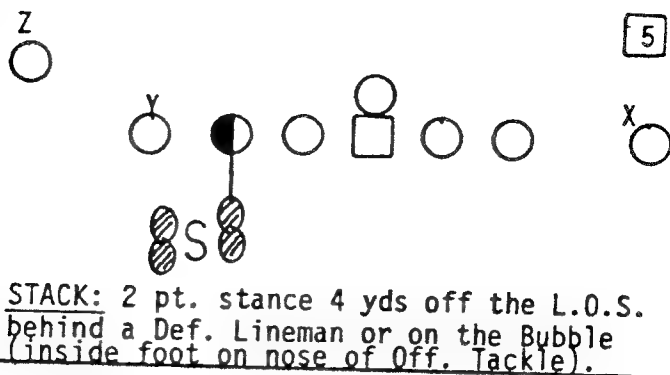
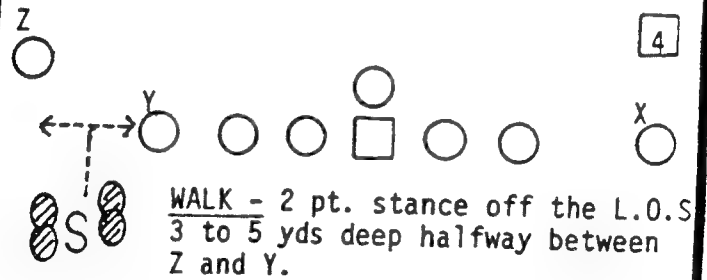
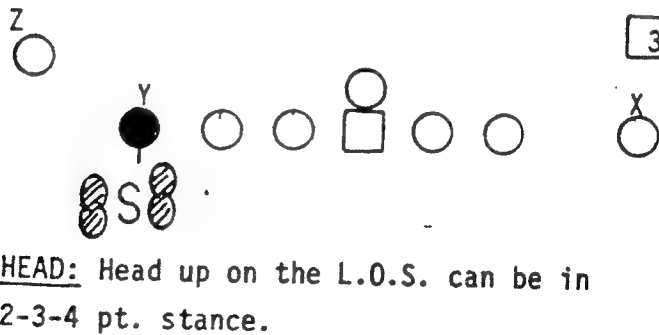
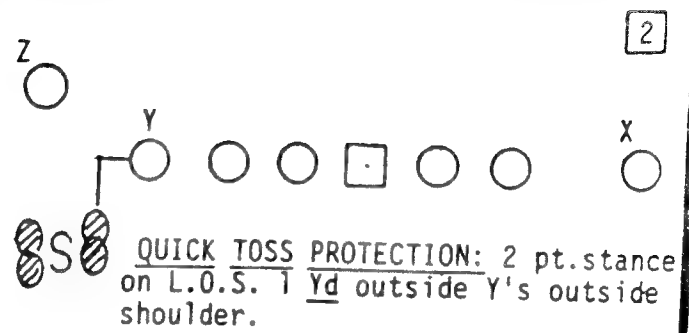
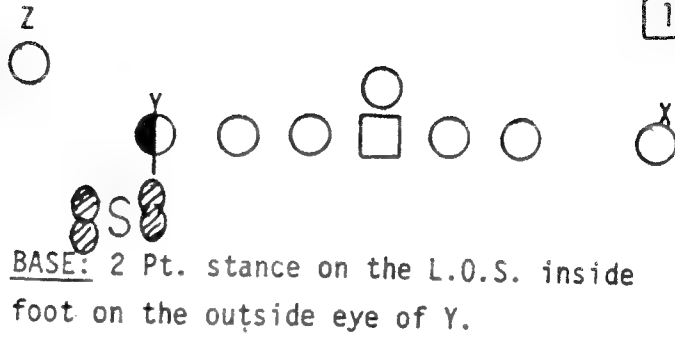
10

VIKING: 3 pt. stance - your outside leg on inside leg of TE (outside leg back) Note: Base align on OT.

LB LOCATIONS

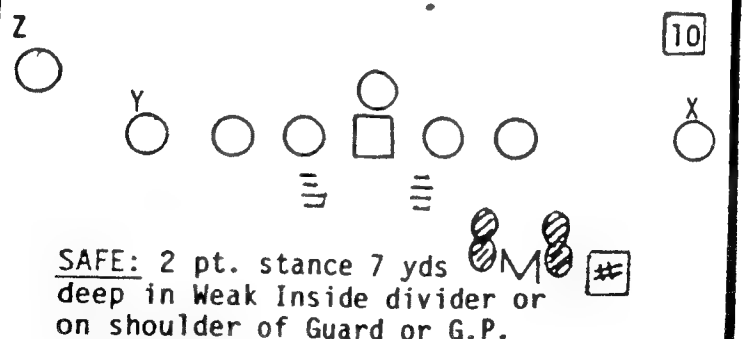
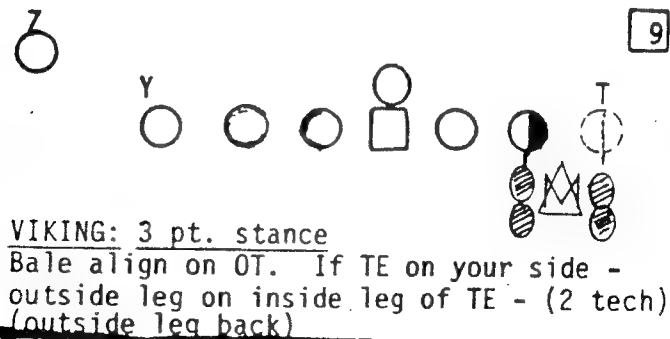
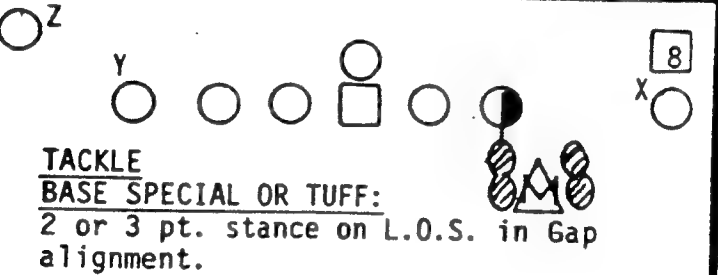
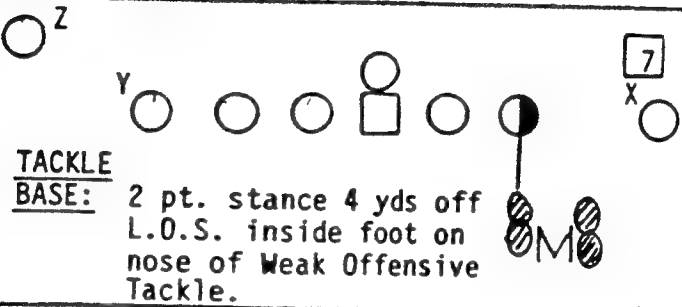
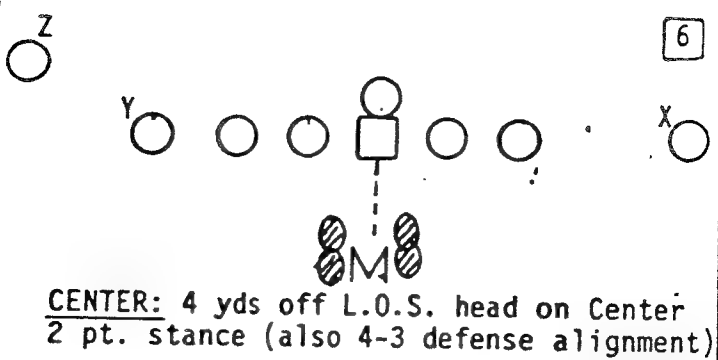
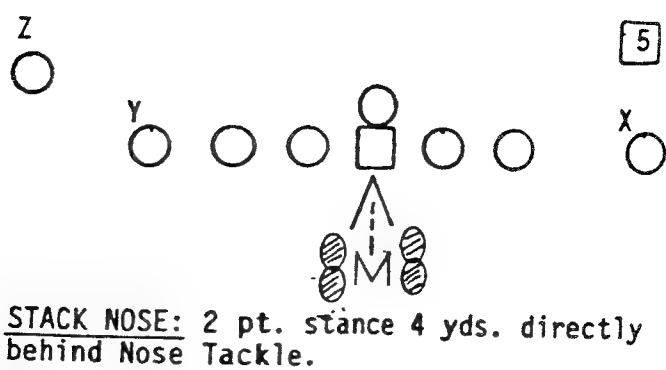
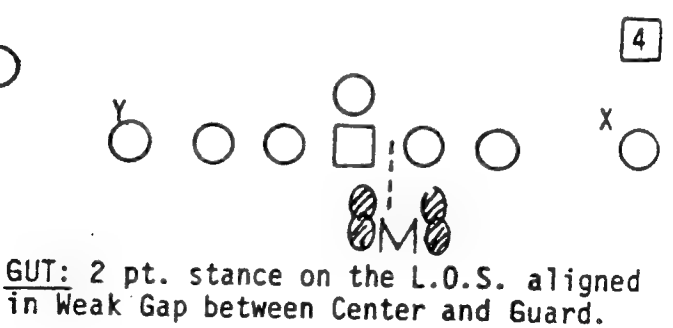
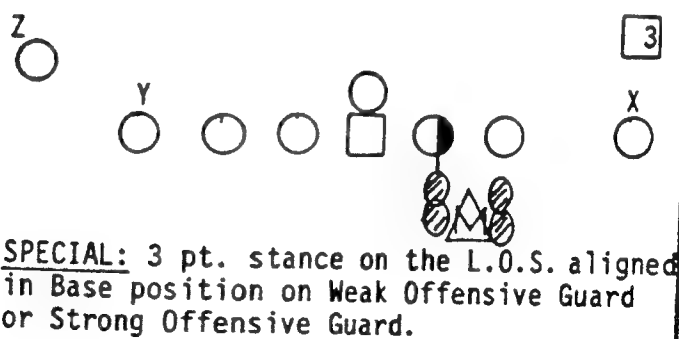
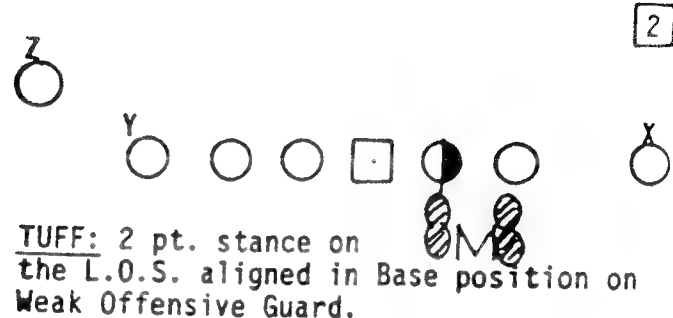
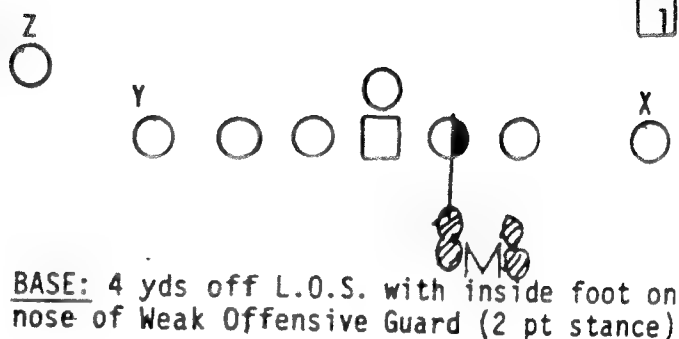
SAM BACKER POSITION

NOTE: By call Sam could play other L.B. positions



MIKE BACKER LOCATIONS

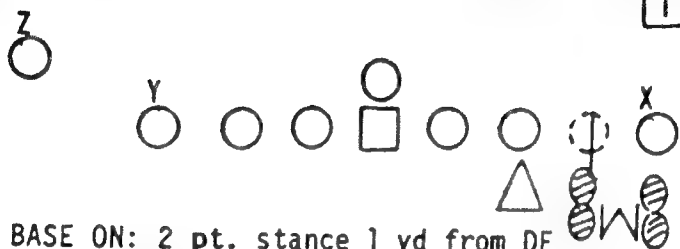
NOTE: By call Mike could play other LB positions



NOTE: By call Will could play other LB positions.

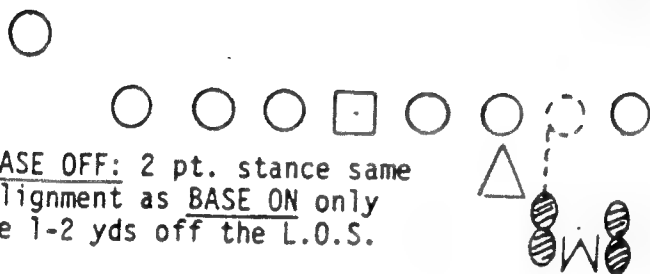
WILL BACKER LOCATION

1



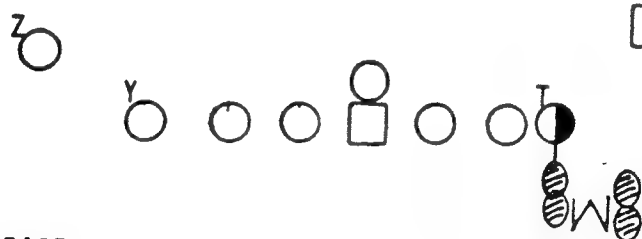
BASE ON: 2 pt. stance 1 yd from DE or on ghost of T.E. (Tree of Block Keys) (also Special)

2



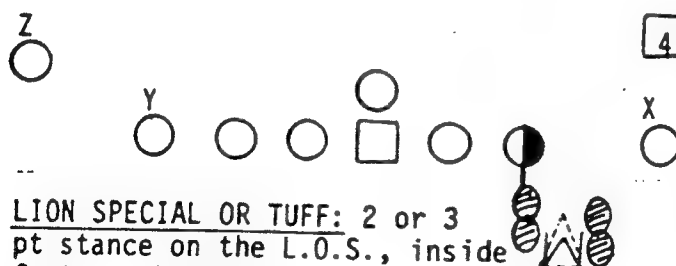
BASE OFF: 2 pt. stance same alignment as BASE ON only be 1-2 yds off the L.O.S.

3



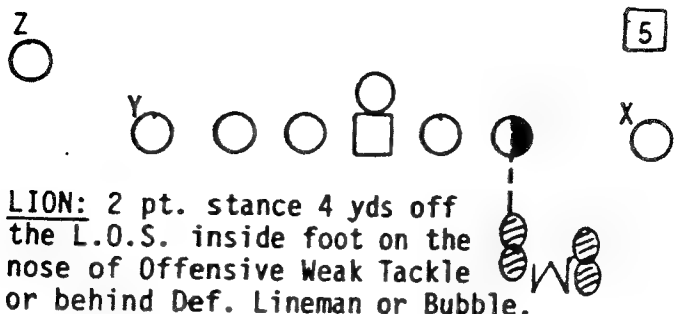
BASE: 2 pt. stance on the L.O.S. inside foot on the outside eye of T.

4



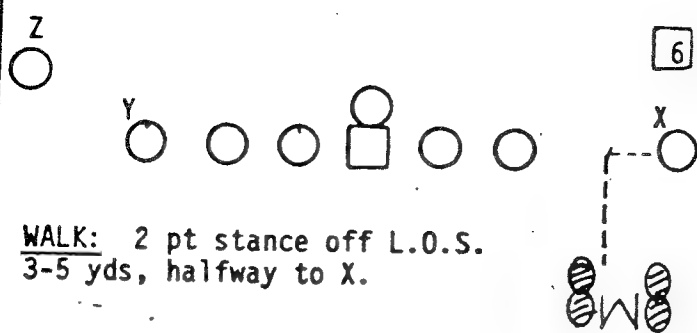
LION SPECIAL OR TUFF: 2 or 3 pt stance on the L.O.S., inside foot on the nose of Offensive Weak Tackle also behind Def. Lineman or Bubble.

5



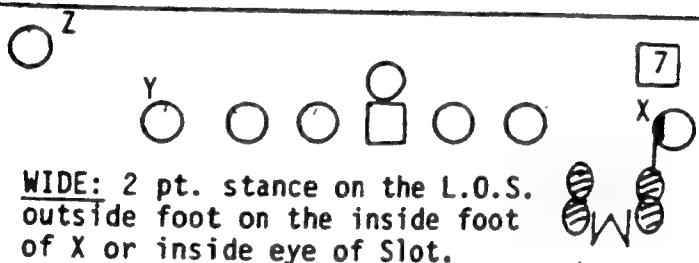
LION: 2 pt. stance 4 yds off the L.O.S. inside foot on the nose of Offensive Weak Tackle or behind Def. Lineman or Bubble.

6



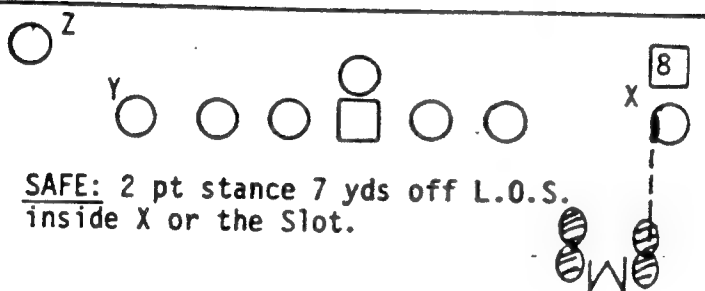
WALK: 2 pt stance off L.O.S. 3-5 yds, halfway to X.

7



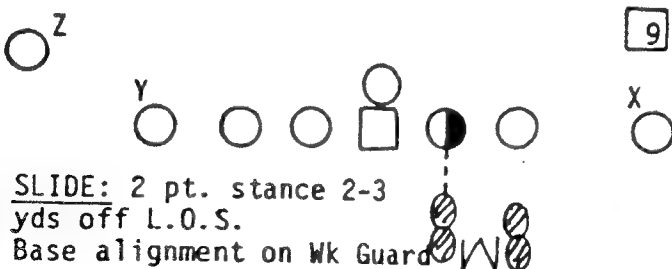
WIDE: 2 pt. stance on the L.O.S. outside foot on the inside foot of X or inside eye of Slot.

8



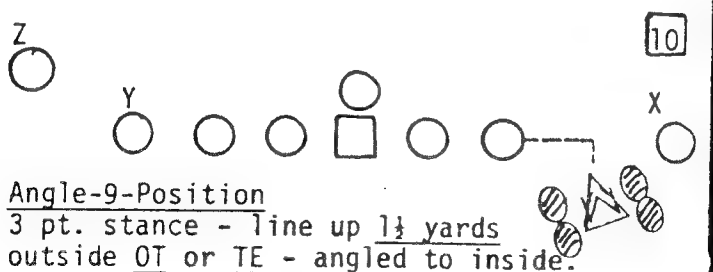
SAFE: 2 pt stance 7 yds off L.O.S. inside X or the Slot.

9



SLIDE: 2 pt. stance 2-3 yds off L.O.S. Base alignment on Wk Guard

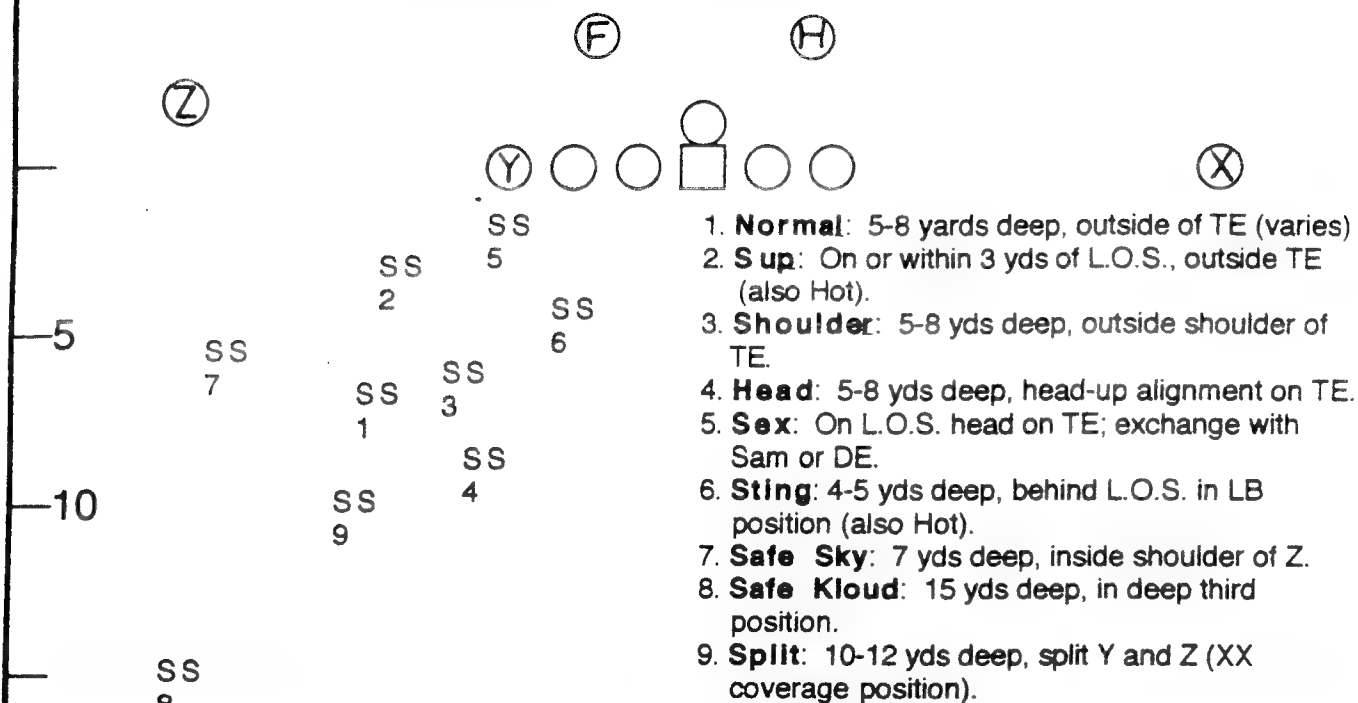
10



Angle-9-Position
3 pt. stance - line up 1 1/2 yards outside OT or TE - angled to inside.

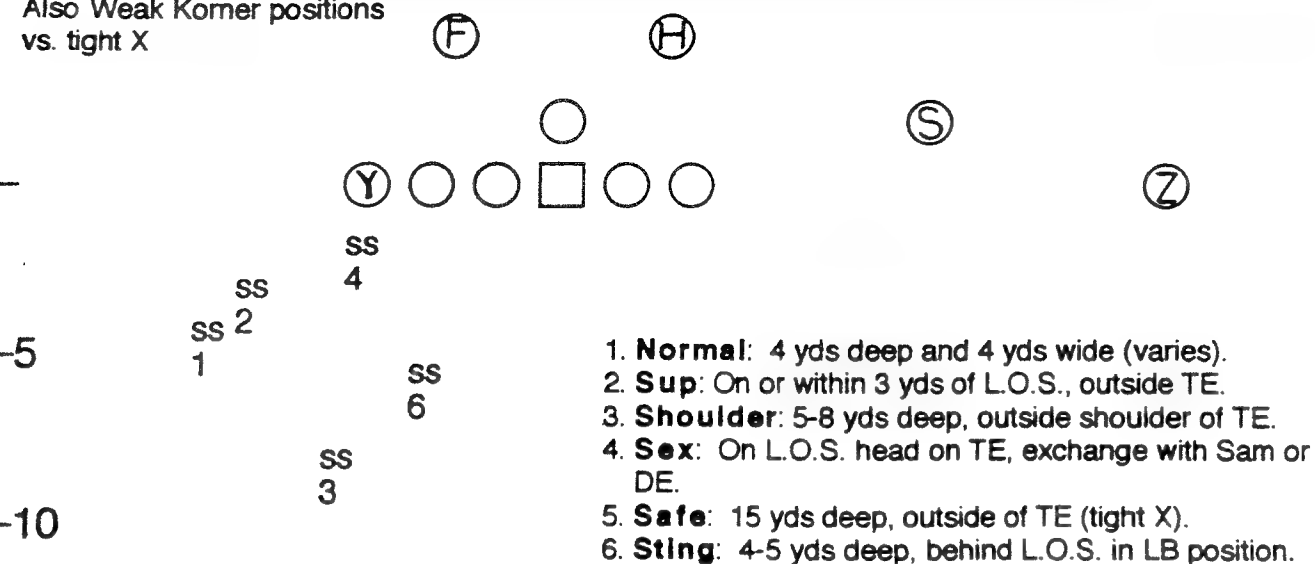
(NOTE: If two TE's, Will has same Tree of blocks as Sam)

POSITION OF STRONG SAFETY VS. NORMAL FORMATION



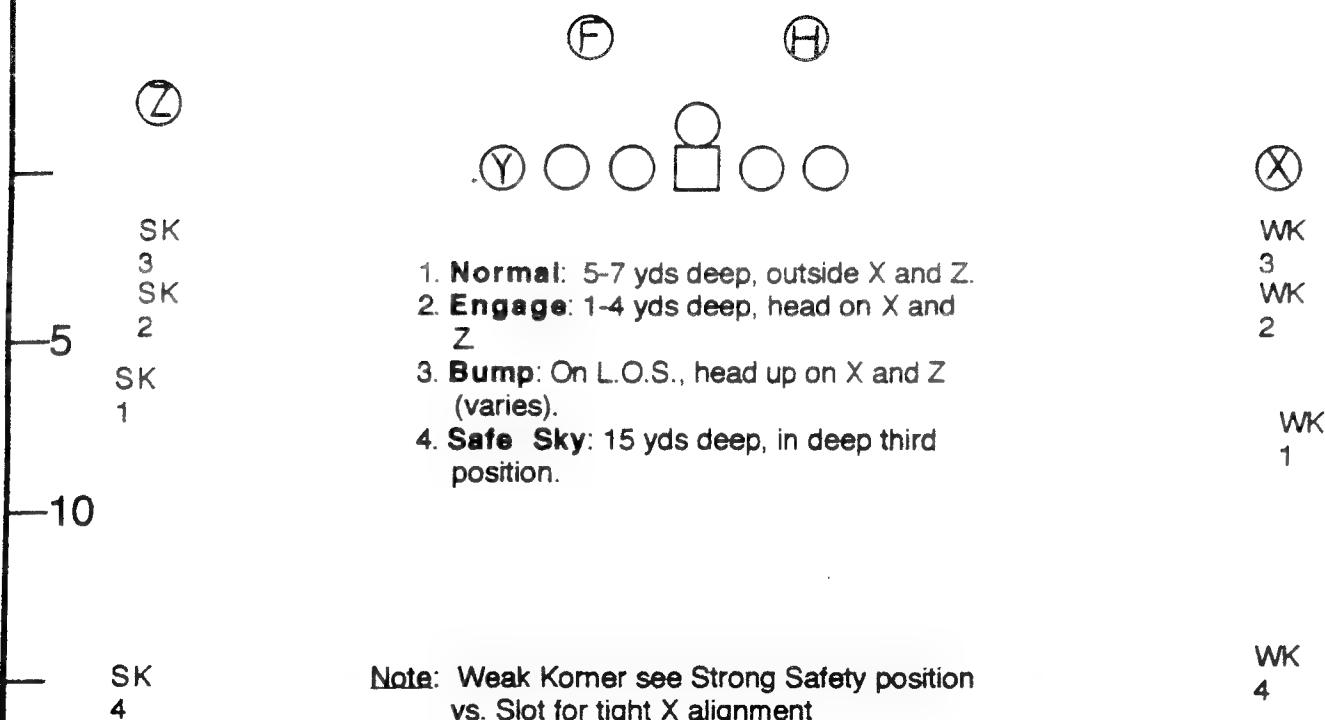
POSITION OF STRONG SAFETY VS. SLOT FORMATION

Also Weak Komer positions
vs. tight X

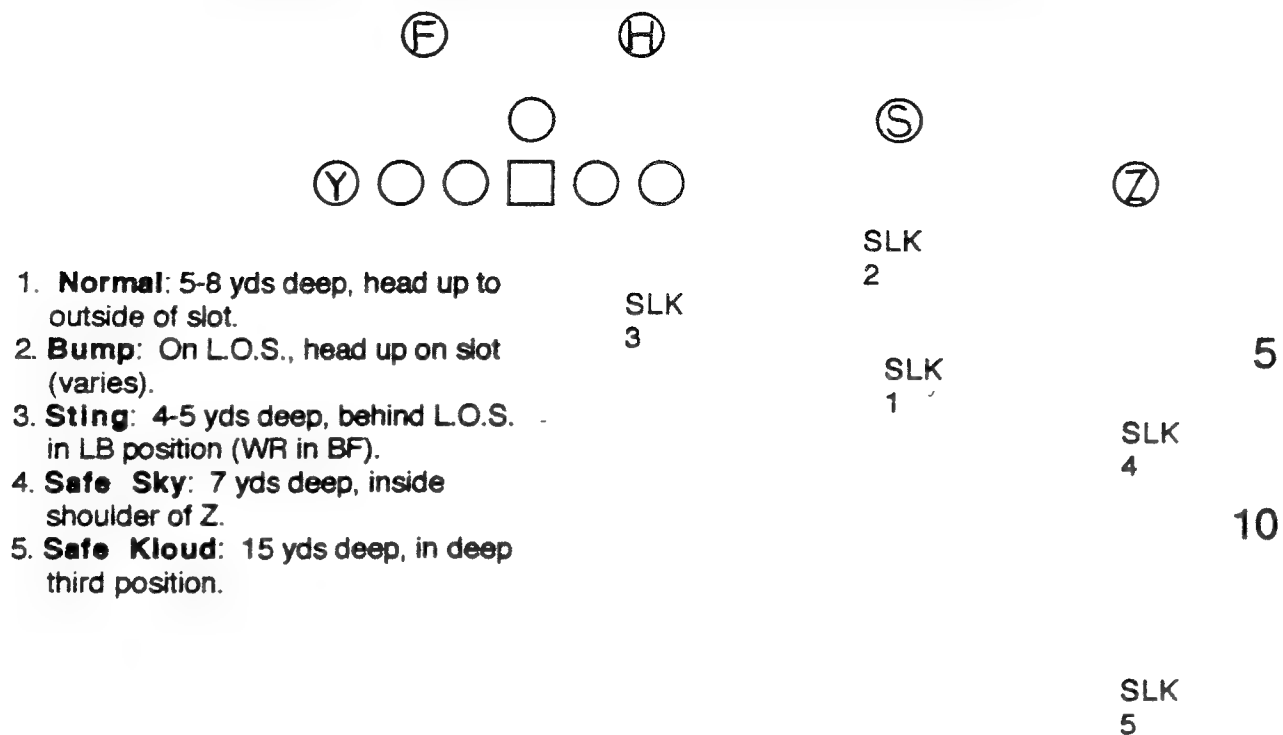


Note: If Slot Open or Slot Dbl formation, SS may line up in Komer alignments (G.P.).

POSITION OF STRONG KORNER: WEAK KORNER VS. NORMAL FORMATION

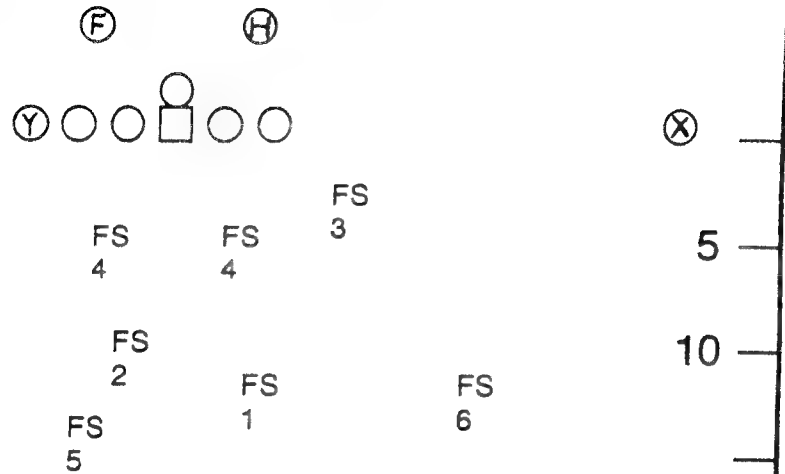


POSITION OF SLOT KORNER VS. SLOT FORMATION

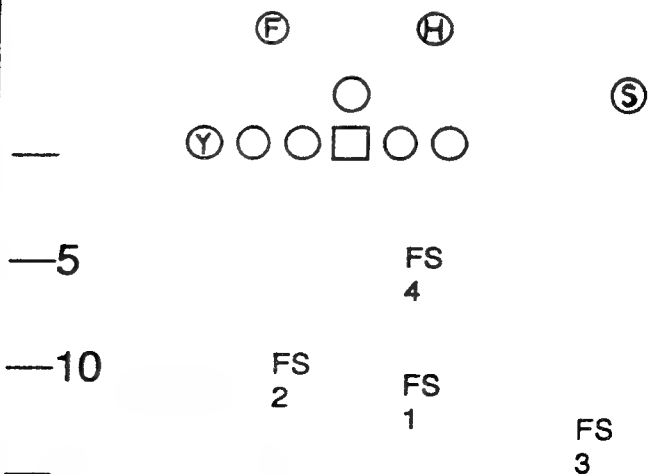


POSITION OF FREE SAFETY VS. NORMAL FORMATIONS

1. **Normal:** 10-12 yds deep, center to will area (varies).
2. **Strong:** 10-12 yds deep, strong G area.
3. **Sup:** On or within 3 yds of L.O.S. (also Hot)
4. **Sting:** 4-5 yds deep, behind L.O.S. in LB position (usually SY, GL or Hot position).
5. **Post:** Lined up in post, 15 yds deep (Safe).
6. **Split:** 10-12 yds deep, split T and X (XX coverage position).

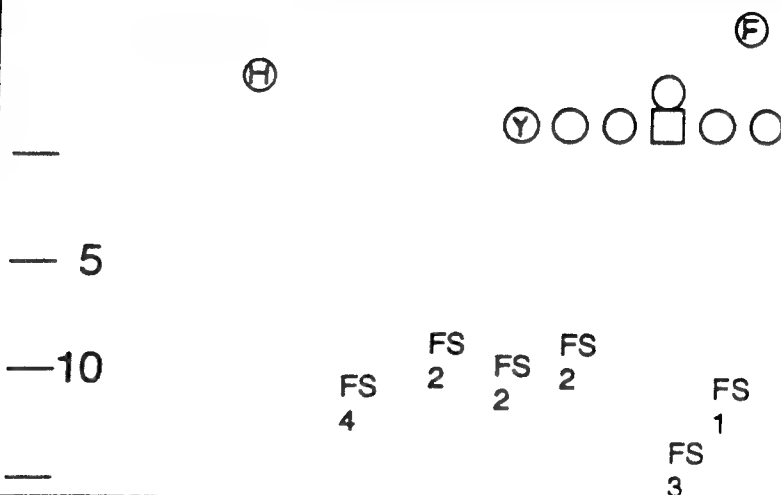


POSITION OF FREE SAFETY VS. SLOT FORMATION



1. **Normal:** 10-12 yds deep, center to will area (varies).
2. **Strong:** 10-12 yds deep, strong G area.
3. **Post:** Lined up in post 15 yds deep (safe).
4. **Sting:** 4-5 yds deep, behind L.O.S. in LB position (also Hot).

POSITION OF FREE SAFETY VS. SLOT DOUBLE FORMATION



1. **Normal:** 10-12 yds deep, center to will area (varies).
2. **Odd:** 8-10 yds deep, inside or outside of TE.
3. **Post:** Lined up in post 15 yds deep (safe).
4. **Split:** 10-12 yds deep, split H and Y.

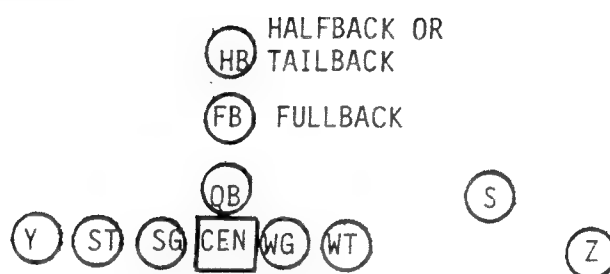
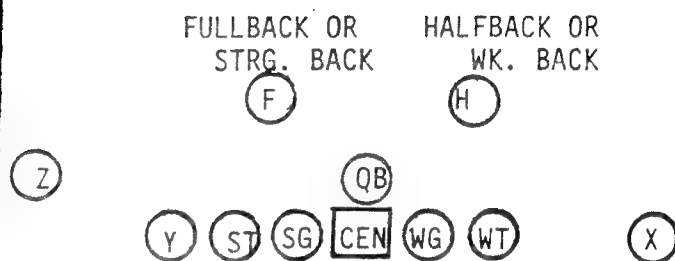
GENERAL DEFENSIVE TERMS

- True - Indicates we will use no adjustments with our front or coverage called.
- "Mayday" - LOS call that cancels the LB Shoot called in huddle. We will then do the basic line charge of the front alignment we are in at the time of the "Mayday" call. Coverage will remain same as called.
- Stem - LBs and DBs moving around prior to snap to give false reads to QB.
- Bubble - Area of defensive front where there is no defensive lineman.
- Bubble LB - Any LB who lines over the Bubble area.
- "Rip-Liz" - Indicates direction side of LB shoot and/or zone rotation.
- Stunt - Front line maneuver with LBs and Defensive Line involved..
- Deal - Front line maneuver with only Defensive Linemen involved, or 3 man Line and a LB involved as 4th man.

COMMUNICATION TERMS

"Run"	"Reverse"	"Zoom"	"In and Out"
"Pass"	"Bolt"	"Ball"	"Boot"
"Crack"	"In"	"Cross"	"78 or 68"
"Draw"	"Out"	"Lock"	"Crossfire"
"Screen"	"Curl"	"Deuce"	"BJ" (Banjo)
"Mohawk"	"Rocket"	"Ace"	"Mayday"
"Monster"	"Swap"	"Trey"	"Geronimo"
	"Base"	"Rip"	"Slide"
		"Liz"	

OFFENSIVE POSITIONS



Z-VARIATIONS

- NORMAL - Wide enough so he can't crack Sam linebacker
- "NASTY" - Close enough to crack Sam linebacker
- "CLOSE" - Next to Y
- "IN B.F." - In backfield on Y side or power position.
- EXCHANGE - Lined up inside of Y

S (SLOT) - VARIATIONS

- NORMAL - Halfway between offensive tackle and Z - on or off line of scrimmage.
- "NASTY" - 2 to 3 yards from offensive tackle.
- "TIGHT" - Next to offensive tackle.
- "STACK" - Slot lines up behind Z.
- "IN B.F." - Slot lines up in backfield on Z side.

Y-VARIATIONS

- NORMAL - Next to offensive tackle
- "OFF" - Normal position - 1 yd off the line of scrimmage.
- "IN B.F." - In backfield (Y left if Left or Power)
- "FLEX" - 2 to 5 yds split from offensive tackle.
- "OPEN" - Wide receiver area.

FULLBACK VARIATIONS

- STRONG OR WEAK POSITION - Behind strong tackle or (weak tackle in "switch")
- POWER POSITION - Behind QB.
- "TILT" POSITION - Position in I Far, or I Near
- "ODD" POSITION - Outside of backfield. (Spread only) Outside of Y or inside of Y - also wide.

X-VARIATIONS

- NORMAL - Wide enough so he can't crack Will linebacker.
- "NASTY" - Close enough to crack Will linebacker
- "TIGHT" - Next to offensive tackle

HALFBACK VARIATIONS

- WEAK POSITION - Behind weak tackle.
- STRONG POSITION - Behind strong tackle in switch
- POWER POSITION - Behind QB.
- "ODD POSITION" - Outside on Y side or outside of weak tackle. Also can be aligned wide.
- **REMAIN BACK - Single back in backfield FB-Power, Strong or Weak

NORMAL POSITIONS ARE NOT CALLED.
BACK VARIATIONS ARE NOT CALLED - FORMATION IS CALLED.

TERMS TO DESCRIBE OFFENSE

<u>UPFIELD</u>	- Offensive side of LOS.
<u>DOWNFIELD</u>	- Defensive side of LOS.
<u>ON SIDE</u>	- Side of Point of Attack.
<u>OFF SIDE</u>	- Side away from Point of Attack.
<u>STRONG SIDE</u>	- TE side of formation.
<u>WEAK SIDE</u>	- Side away from TE.
<u>BACK SIDE</u>	- TE side of Slot.
<u>POWER FORMATION</u>	- Formation with a RB behind QB.
<u>FINESSE FORMATION</u>	- Formation with no RB behind QB.
<u>ODD FORMATION</u>	- Formation with one or less Backs in backfield.
<u>SLIDING FORMATION</u>	- Formation where offensive men, after the snap, keep their pre-snap relationship. Ex: I Toss at 8
<u>FRIDGE</u>	- Formation with a lineman at F or H, or TH when white or black.
<u>GUN</u>	- Any formation where QB is not under Center. Ex: Gun Split Left
<u>HEAVY BACK</u>	- When there are 3 backs in backfield he is the Back not in the I.
<u>SLOT FORMATION</u>	- Two WRs opposite TE.
<u>SHIFT</u>	- Back, TE or WR moves to a new position and sets before snap.
<u>MOTION</u>	- Back, TE or WR moves to a new position but is moving at snap.
<u>SLOW BLOCK</u>	- Delay block at LOS by Y or T on pass. May then go into pattern "O" = Y Slow Block "TO" = T Slow Block
<u>HURRY UP</u>	- No Huddle Offense
<u>ZONE OR MAN PASS PRO</u>	- Pass blocking of deals or stunts by Defensive Line and LBs.
<u>REVERSE PIVOT</u>	- 180° turn by QB on handoff.
<u>OPEN PIVOT</u>	- 90° turn by QB on handoff.
<u>QUICK HANDOFF</u>	- Ball carrier receives handoff between QB and LOS, while going parallel to LOS.
<u>BOUNCE OUT</u>	- RB hitting an assigned hole that is closed and moving to another hole outside.
<u>CUT BACK</u>	- RB hitting on assigned hole that is closed and moving to another hole inside.
<u>BEND BACK</u>	- Designed cutback play with Lead Back also involved in cutback.

LINE LEVELS

- "Normal" line up of Offensive Linemen is head or hand 1 foot or less from ball. "2nd Level" is head or hand even with Center's heels.

LINE SPLITS

- "Normal" = 1-3 feet
- "Close" = Foot to Foot
- "Wide" = Over 3 feet

PERSONNEL DESIGNATION - Used to describe Offensive personnel in game.

PRO = 2 WR - 1 TE - 2 Backs
GREEN = 1 WR - 2 TE - 2 Backs
BLACK = 1 WR - 3 TE - 1 Back(Fridge Black=OL replace TE)
PURPLE = 1 WR - 1 TE - 3 Backs
ORANGE = 3 WR - 0 TE - 2 Backs
WHITE = 2 WR - 2 TE - 1 Back(Fridge White = OL replace TE)
BLUE = 3 WR - 1 TE - 1 Back(TE Blue = TE replace Back)
RED = 4 WR - 0 TE - 1 Back(TE Red = TE replace Back)
BROWN = 5 WR - 0 TE - 0 Backs
YELLOW = 0 WR - 3 TE - 2 Backs (RB Yellow = RB replace a TE)

FORMATION RECOGNITION

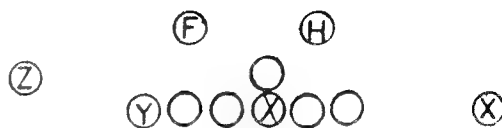
We must recognize formations immediately. Coverage responsibilities, direction of blitzes or run stunts, opponents' run-pass strength, etc. are determined by formation shown.

Misc. Formation Information:

1. TE in Backfield - If lined to left or behind QB, he is considered set to left. If lined to right in BF, he is considered set to right.
2. WR in Backfield - If lined to TE or behind QB, he is considered as Z. If he is set away TE, he is considered as Slot.
3. "Switch" - Means offensive Backs exchange position.
4. Exchange - means Z lines inside another receiver on 2 receiver side.
Double Exchange - Means Z lines inside 2 eligible receiver on TE side.
Exchange Weak - X lines inside another eligible receiver on weakside of formation.
Exchange Backside - H lines inside Y on backside of Slot Db1.
5. Pro Personnel - (2 Backs-2 WRs-1 TE) Backs are H and F.
6. Green Personnel - (2 Backs-1 WR-2 TEs) 2nd TE is TX (replaces X)
7. Black Personnel - (1 Back-1 WR-3 TEs) Back is B - 2nd TE is TX (replaces X) 3rd TE is TH (replaces H) - 1 TE will be the designated Y (may not be starter)
8. White Personnel - (1 Back-2 WR-2 TEs) Back is B - 2nd TE is TH (replaces H) 1 TE will be designated Y (may not be starter)
9. Orange Personnel - (2 Backs-3 WR-0 TEs) 3rd WR is WY (replace Y)
10. Blue Personnel - (1 Back-3 WR-1 TE) Back is B - 3rd WR is WH (replace H) TE Blue - Extra TE is TB (replace B)
11. Purple Personnel - (3 Backs-1 WR-1 TE) Backs are F - H - B
12. Red Personnel - (1 Back-4 WR-0 TE) Back is B - Receivers are L (widest left) R (widest right) E (extra) EE (2nd extra)
TE Red - TE is TB (replace B)
13. Brown Personnel (0 Back-5 WR-0 TE)
Receivers are same as Red L - R - E - EE; 5th WR is WB (replace B)
14. Yellow Personnel (2 Backs-0 WR-3 TEs) 1 TE is TX (replace X)
2nd TE is TZ (replace Z). This personnel grouping is usually short yardage or goaline.

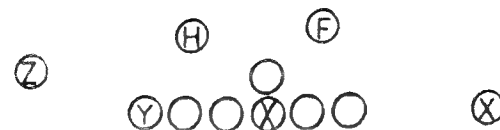
SPLIT L (SL)

1



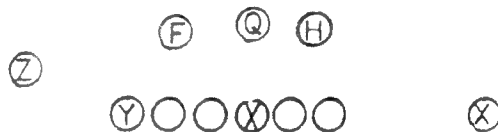
SPLIT L SWITCH (SL SW)

2



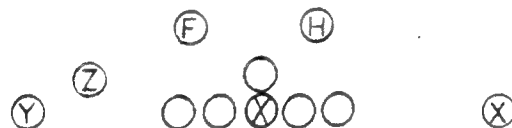
GUN SPLIT L (G SL)

3



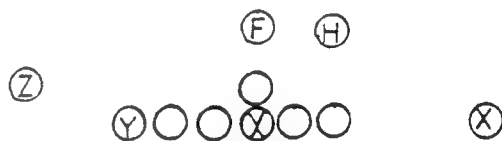
SPLIT L EXCHANGE (SL EX)

4



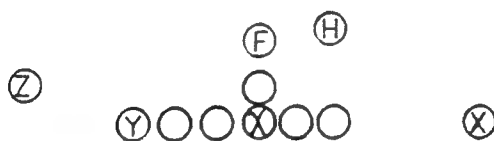
FAR L (FL)

5



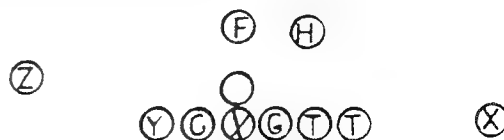
RIDE FAR L (R FL)

6



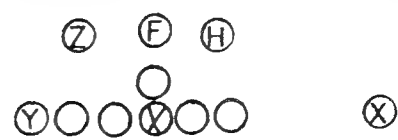
FAR L UNBALANCED (FL UN)

7



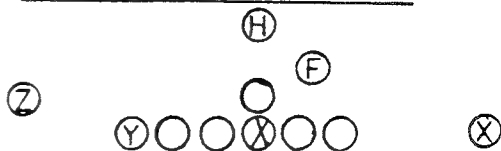
FAR L Z BACKFIELD (FL Z BF)

8



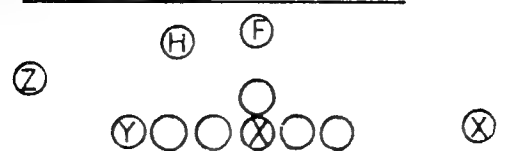
I FAR L (I FL)

9



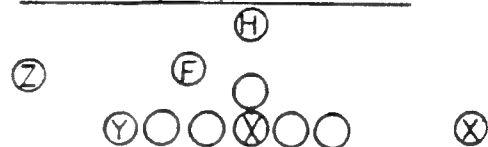
NEAR (NL)

10



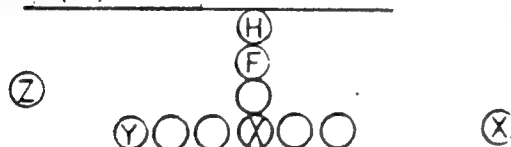
I NEAR L (I NL)

11



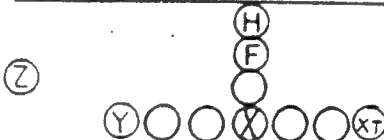
IL (IL)

12



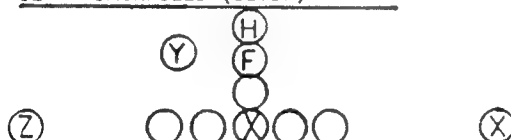
IL TITE (I LT)

13



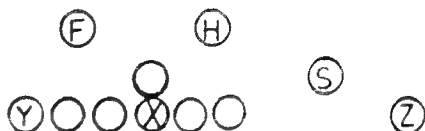
IL Y BACKFIELD (ILYBF)

14

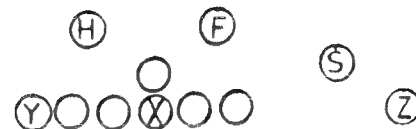


PERSONNEL: PRO - SLOT FORMATIONS

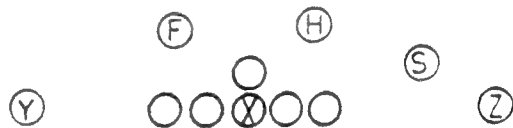
SPLIT SLOT RT (SP SL R)



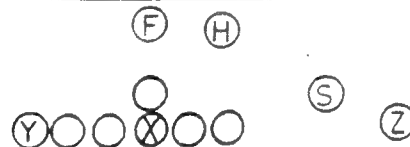
SPLIT SLOT RT SWITCH (SP SL R SW)



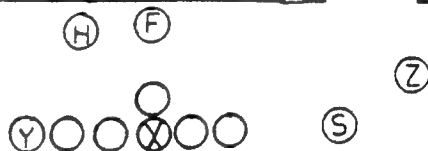
SPLIT SLOT RT OPEN (SP SL RO)



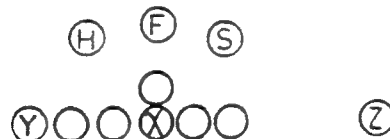
FAR SLOT RT (F SL R)



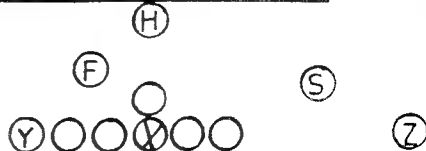
NEAR SLOT RT - SLOT ON (N SL R)



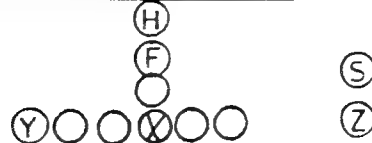
NEAR SLOT RT-SLOT BACKFIELD(N SR SL BF)



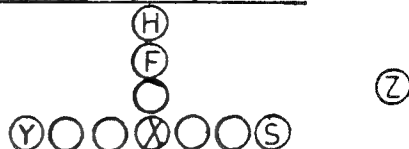
I NEAR SLOT RT (INSR)



I SLOT RT STACK (ISR)



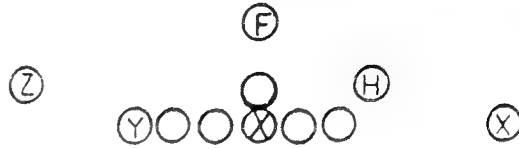
I SLOT RT TITE (ISRT)



PERSONNEL: PRO - ODD FORMATIONS

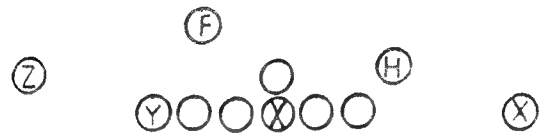
DBL L (DL)

1



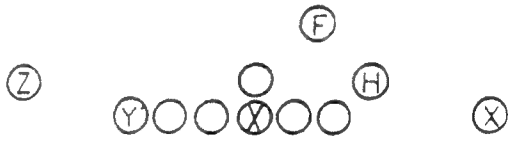
DBL L STRONG (DLS)

2



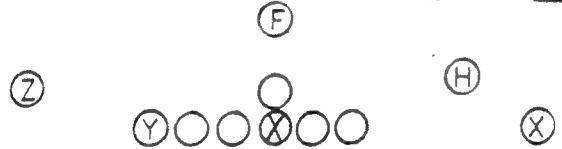
DBL L WEAK (DLW)

3



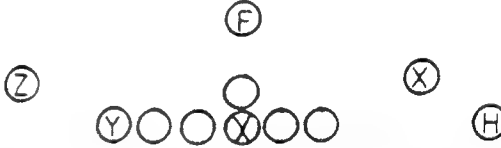
DBL L WIDE (DL WD)

4



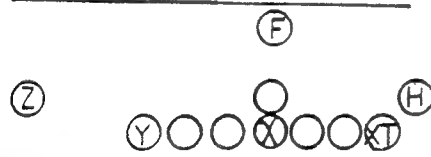
DBL L EXCHANGE WK (DL EX WK)

5



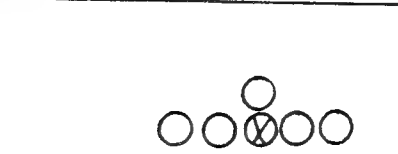
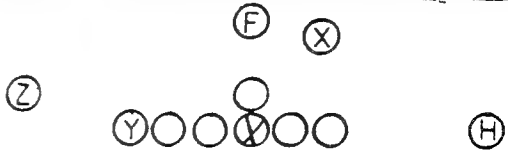
DBL L TITE CLOSE (DL TC)

6



DBL L EXCHANGE WK-X BACKFIELD(DL EX X BF)

7



8

9



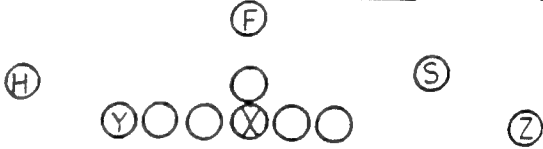
10



10

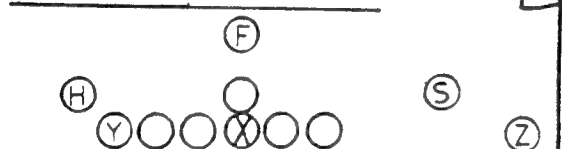
SLOT DBL RT (SL D R)

11



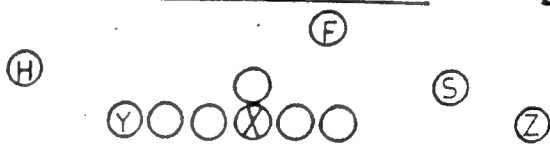
SLOT DBL RT CLOSE (SL D R CL)

12



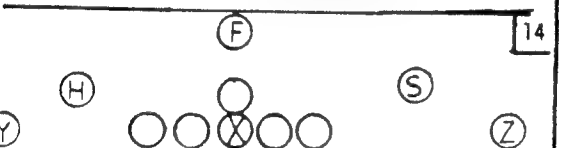
SLOT DBL RT WEAK (SL D R WK)

13



SLOT DBL RT EXCHANGE BACKSIDE(SL DR EX BS)

14



15



16



16

PERSONNEL: PRO - ODD FORMATIONS	
<p>TRIPS L (TRL) 1</p>	<p>TRIPS L WIDE (TRL W) 2</p>
<p>TRIPS L FLEX (TRL FX) 3</p>	<p>TRIPS L EXCHANGE (TRL EX) 4</p>
<p>TRIPS L DBL EXCHANGE (TRL DBL EX) 5</p>	<p>CHICAGO TRIPS L (CHI TR L) 6</p>
<p>TRIPS L STRONG (TRL ST) 7</p>	<p>8</p>
<p>SLOT TRIPS RT (SL TR R) 9</p>	<p>SLOT TRIPS RT EXCHANGE (SL TR R EX) 10</p>
<p>SLOT TRIPS RT DBL EXCHANGE (SL TR R DBL EX) 11</p>	<p>SLOT TRIPS RT EXCHANGE-SL BACKFIELD (SL TR R EX) 12</p>
<p>SPREAD L (SPR L) 13</p>	<p>SPREAD SLOT RT (SPR SL R) 14</p>
<p>15</p>	<p>SPREAD SLOT RT (SPR SL R) 16</p>

PERSONNEL: GREEN (2 BACKS - 1 WR - 2 TEs)

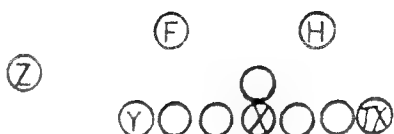
Green: 56 Total Plays 5% of Total Plays

44 Runs
12 Pass

10% of Total Runs
2% of Total Pass

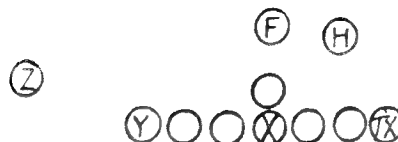
GR SPLIT L TITE (GSLT)

1



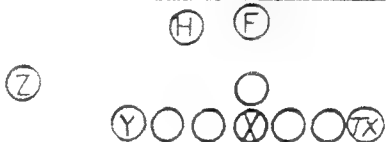
GR FAR L TITE (GFLT)

2



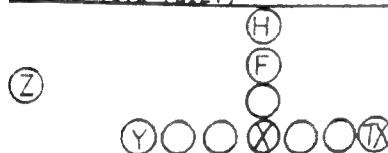
GR NEAR L TITE (GNLT)

3



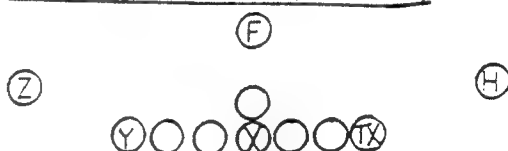
GR I L TITE (GILT)

4



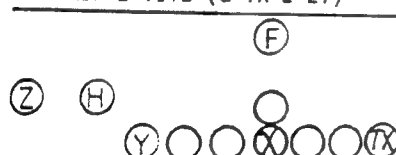
GR DBL L EXCHANGE WK (GDL EX WK)

5



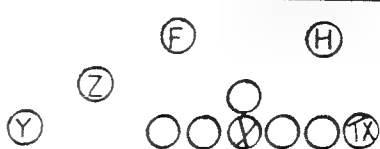
GR TRIP L TITE (G TR L LT)

6



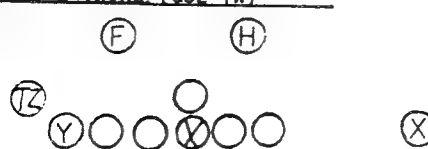
GR SPLIT L TITE EXCHANGE (GS L T EX)

7



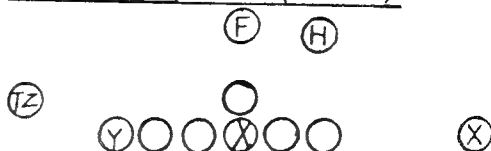
GR SPLIT L TWINS (GSL TW)

8



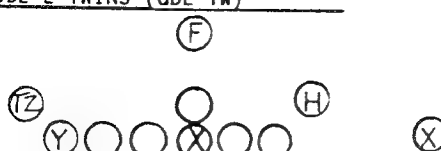
GR FAR L-WIDE TWINS (LFL WTW)

9



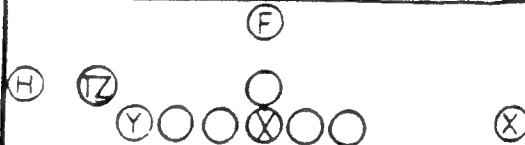
GR DBL L TWINS (GDL TW)

10



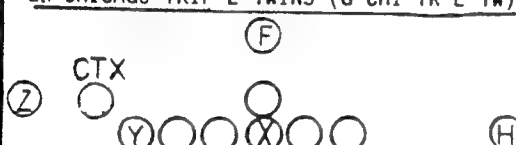
GR TRIP L TWINS EXCHANGE (G TR L TW EX)

11



GR CHICAGO TRIP L TWINS (G CHI TR L TW)

12



13



14



15



16

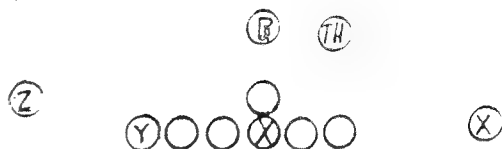


PERSONNEL: WHITE (1 BACK - 2 WR - 2 TE)

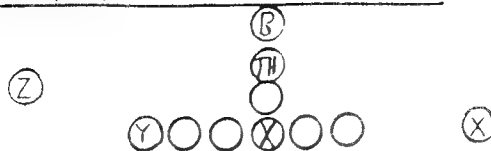
White: 122 Total Plays
66 Runs
56 Pass

11% of Total Plays
14% of Total Runs
9% of Total Pass

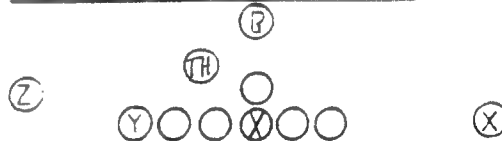
W FAR L (WFL)



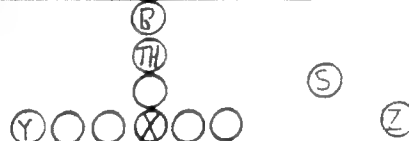
WIL (WIL)



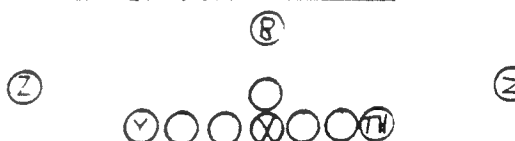
W I NEAR L (W I N L)



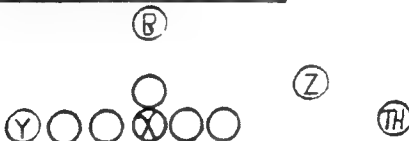
W I SLOT R (W I S R)



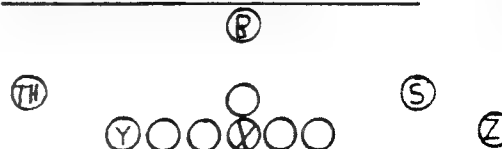
W DBL L (WDL)



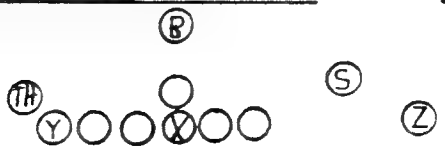
W DBL L EXCHANGE WK (WDL EX WK)



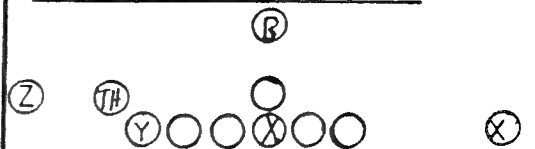
W SLOT DBL RT (W SL D R)



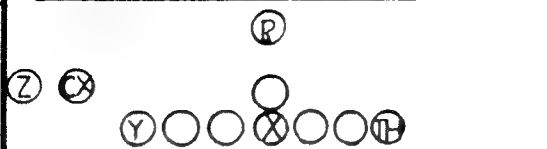
W SLOT DBL RT TWINS (W SL DR TW)



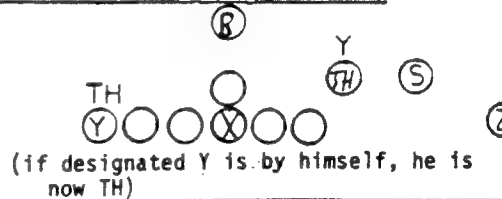
W TRIP L TWINS (W TRL TW)



W CHICAGO TRIPS L (W CHI TRL)



W CHICAGO TRIPS RT (W CHI TRR)

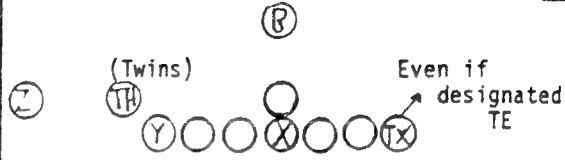


PERSONNEL: BLACK (1 BACK - 1 WR - 3 TE)

Black: 29 Total Plays 3% of Total Plays
22 Runs 5% of Total Runs
7 Pass 1% of Total Pass

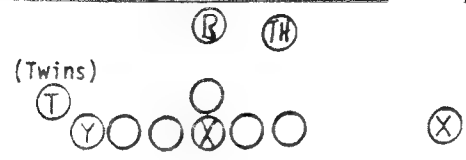
BL TRIPS TITE L (BL TR LT)

1



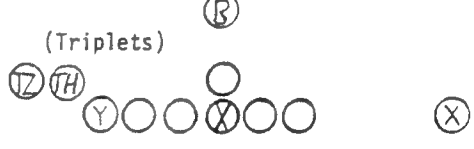
BL FAR L TWINS (BL FL TW)

2



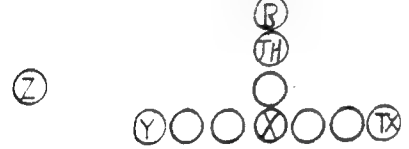
BL HEAVY TRIPS L (BL H TRL)

3



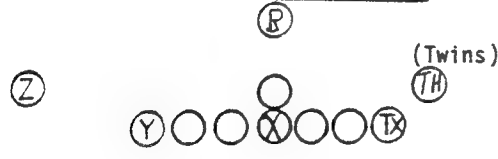
BL I L TITE (BL IL)

4



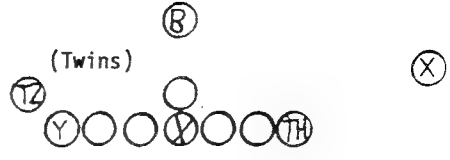
BL DBL TITE CLOSE L (BL DT CL L)

6



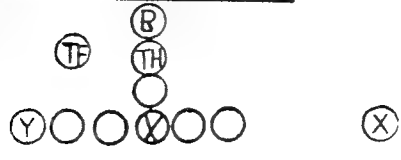
BL-DBL TITE TWINS L (BL DT TWL)

7



BL POWER I NEAR L (BL PINL)

8

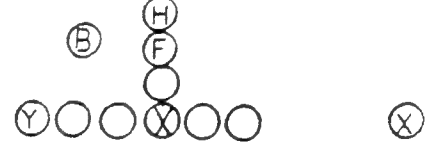


Personnel: Purple (3 Backs-1 WR-1 TE)

Purple: 0 Total Plays

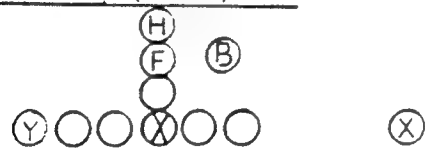
P-POWER I NEAR LEFT (P-PINL)

1



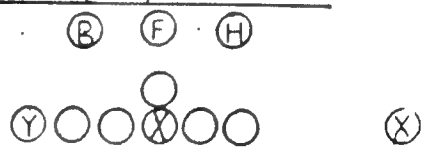
P-POWER I FAR L (P-PIFL)

2



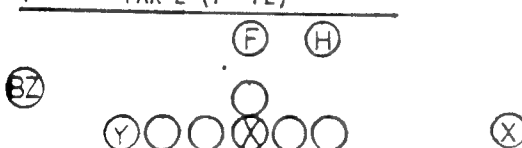
P-POWER T (P PT)

3



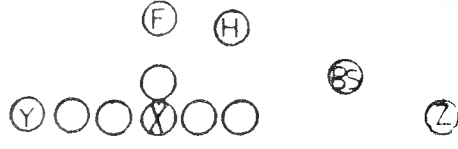
P- FAR L (P- FL)

4



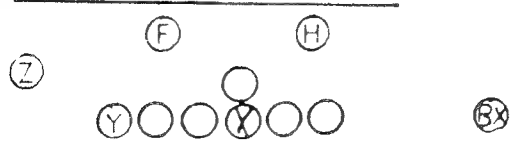
P- FAR SLOT RT (P- FSLR)

5



P- SPLIT L (P- SL)

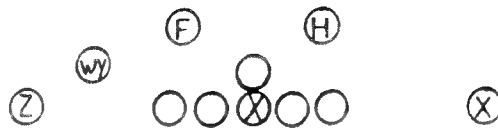
6



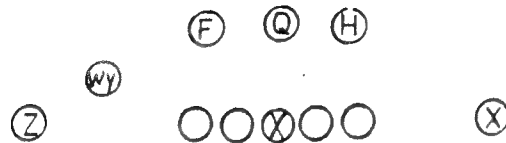
PERSONNEL: ORANGE (2 BACKS - 3 WR - 0 TE)

Orange: 75 Total Plays 14 Runs 61 Pass
 75 of Total Plays 3% of Total Runs 10% of Total Pass

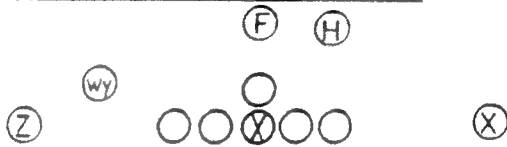
OR SPLIT L FLEX (OSL FX)



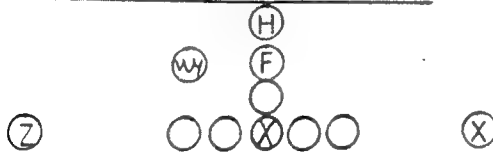
OR GUN SPLIT L FLEX (OG SL FK)



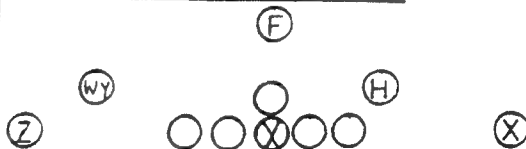
OR FAR L FLEX (OFL FX)



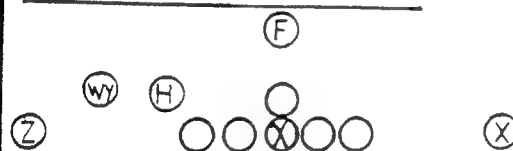
OR I L-WY BACKFIELD (OIL WY BF)



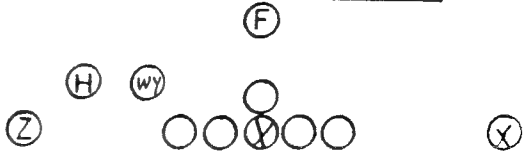
OR DBL L FLEX (ODL FX)



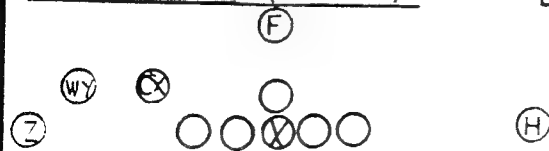
OR TRIP L FLEX (OTR L FX)



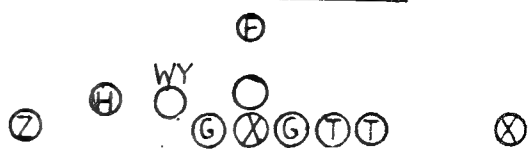
OR TRIPS L (OTR L EX)



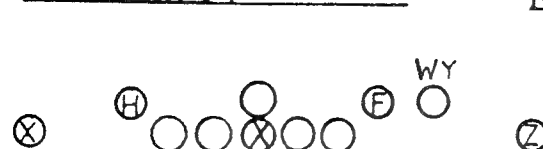
OR CHICAGO TRIPS L (OCHI TR L)



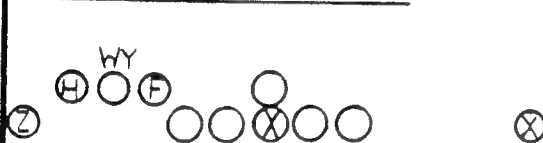
OR TRIPS L UNBALANCED (OTR L UN)



OR SPREAD (O SP)



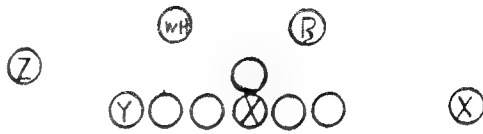
OR SPREAD QUAD (O SP Q)



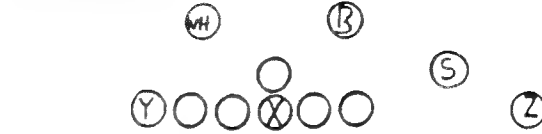
PERSONNEL: BLUE (1 BACK - 3 WR - 1 TE)

Blue: 236 Total Plays 22% of Total Plays
81 Run 18% of Total Runs
155 Pass 24% of Total Pass

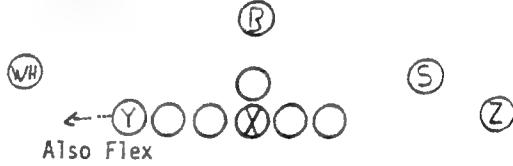
B-TRIPS L-WH BF (B-TRL)



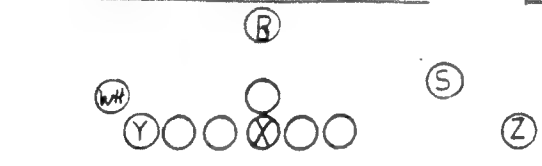
B-SLOT DBL RT-WH BF (B-SL D R)



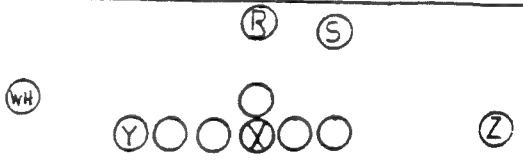
B-SLOT DBL RT (B SL D R)



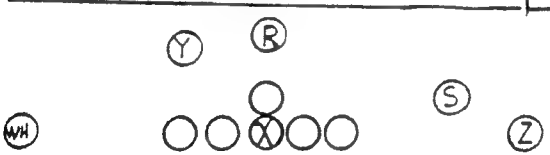
B-SLOT DBL RT CLOSE (B SL D R C)



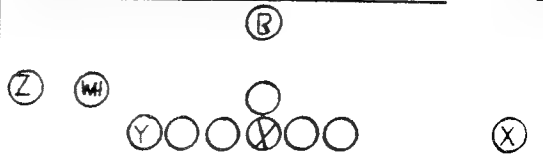
B-SL DBL RT-SL BACKFIELD (B SL D R SL BF)



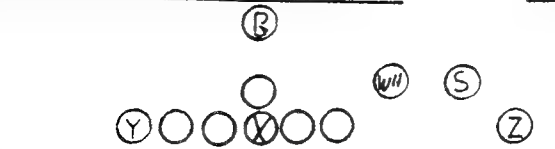
B-SLOT DBL RT-Y BACKFIELD (B SL D R Y BF)



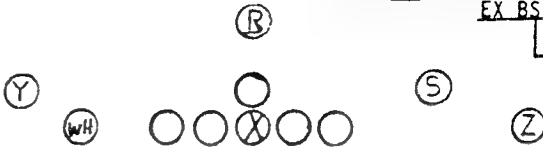
B-TRIPS L (B-TR L)



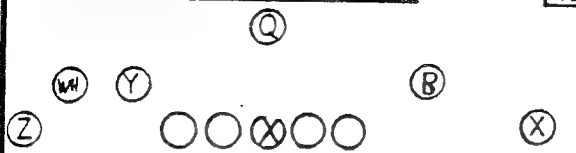
B-SLOT TRIPS RT (B-SLTR R)



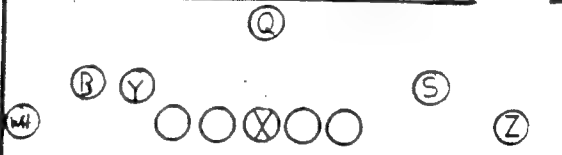
B SLOT DBL RT EXCHANGE BACKSIDE (B SL D R EX BS)



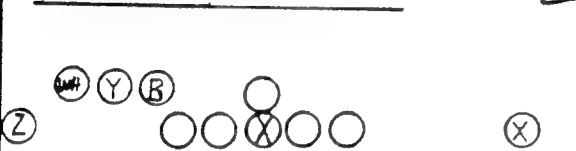
B-GUN SPREAD L (GBSPRL)



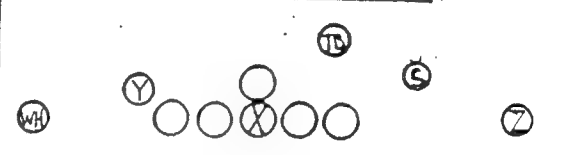
B-GUN SPREAD SLOT RT (BG SPR SL R)



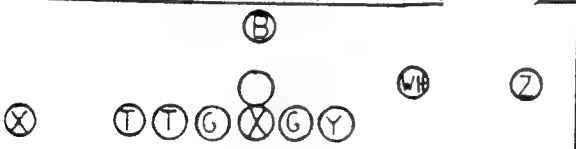
B SPREAD L QUAD (B SPR L Q)



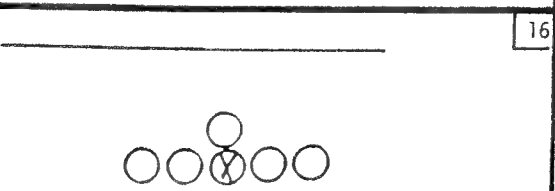
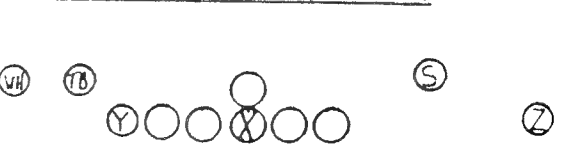
TE BLUE - SLOT DBL RT (TB SL D R)



B-TRIPS RT UNBALANCED (B-TR R UN)



TE BLUE - SPREAD SLOT (TB SP SL)

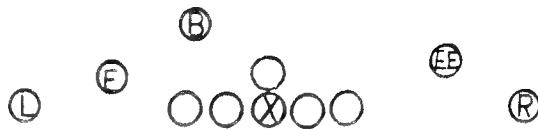


PERSONNEL: RED (1 Back-4 WRs-0 TE)

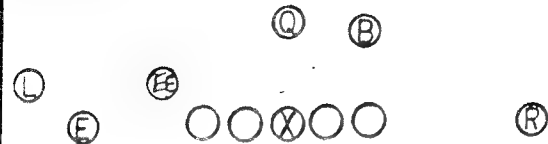
Red: 206 Total Plays
33 Runs
173

19% of Total Plays
7% of Total Runs
27% of Total Pass

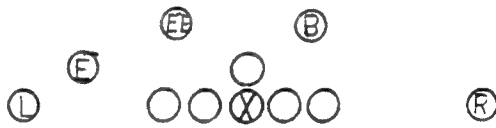
RED DOUBLE (R D)



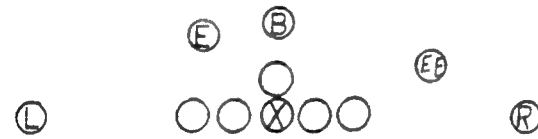
GUN RED TRIPS (R TR L)



RED TRIP L EE BACKFIELD (R TR L EE BF)



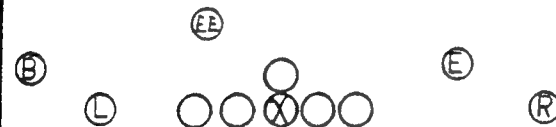
RED DOUBLE E BACKFIELD (R D E BF)



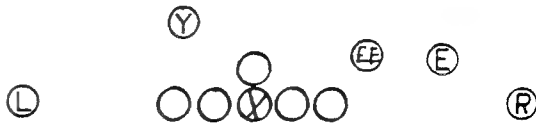
RED SPREAD (R SPR)



RED SPREAD EE BF (R SPR EE BF)



TE RED TRIPS RT (TE R TR R)



TE RED SPREAD UNBAL EE BF

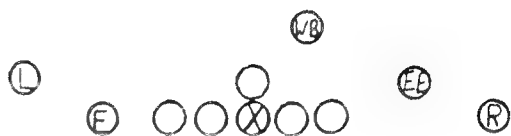


PERSONNEL: BROWN (0 Back-5 WRs-0 TE)

Brown: 2 Total Plays .2% of Total Plays
 1 Run .2% of Total Runs
 1 Pass .1% of Total Pass

BR DBL (BR-D)

1



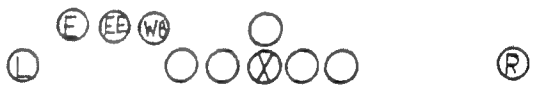
BR SPREAD RT (BR-SPR R)

2



BR SPREAD QUAD (BR-SPR Q)

3



5



6



7



8

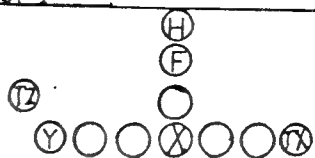


PERSONNEL: YELLOW (2 Backs-0 WRs-3 TE)

Yellow: 35 Total Plays 3% of Total Plays
 27 Runs 6% of Total Runs
 9 Pass 1% of Total Pass

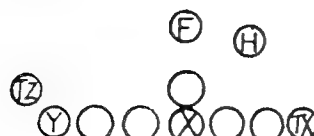
Y - SY I

1



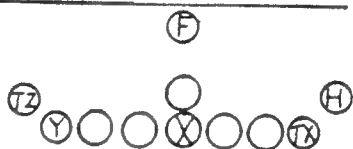
Y - SY FAR

2



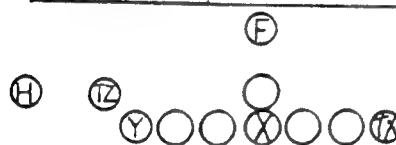
Y - DBL

3



Y - TRIPS

4



5



6



7

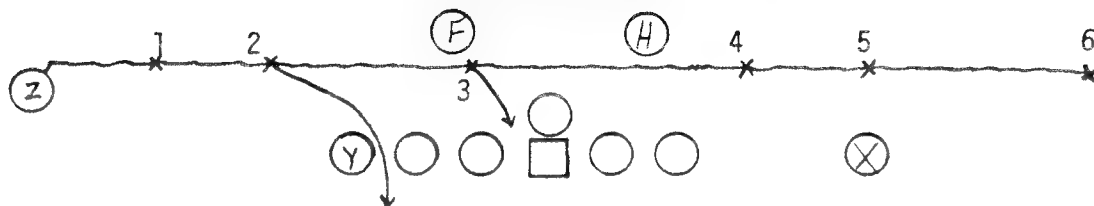


8



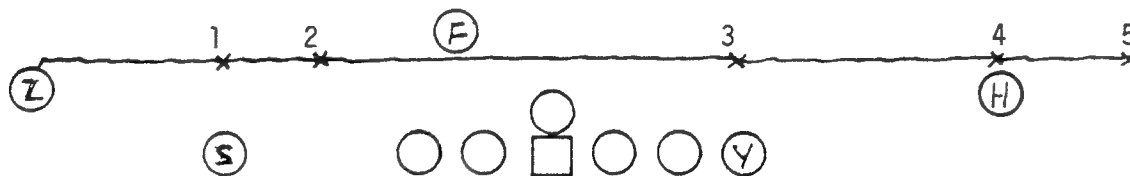
MOTION TERMINOLOGY

ANY RECEIVER MOTION



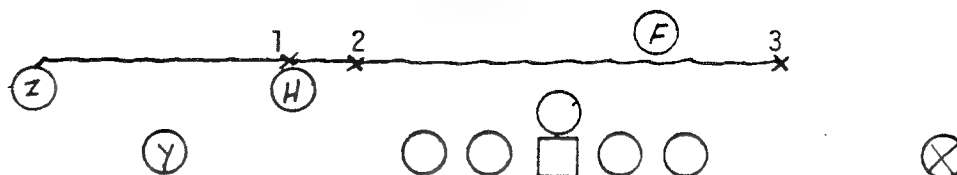
- | | | | |
|-----------------------|-----|-----------------------|------|
| 1. Crack Motion | CM | 4. Cross Motion | COM |
| 2. Crack Under Motion | CUM | 5. Cross Stack Motion | COSM |
| 3. Bang Motion | BGM | 6. Wide Cross Motion | WCOM |

ANY RECEIVER MOTION



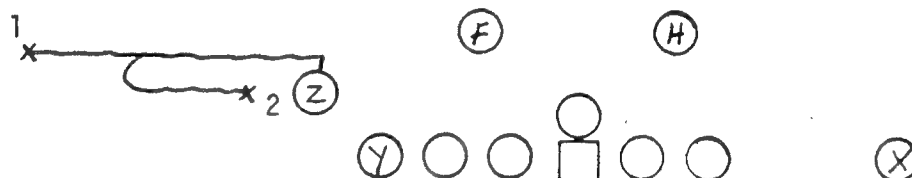
- | | | | |
|------------------------|-----|-------------------------|------|
| 1. Behind Crack Motion | BCM | 3. Detroit Cross Motion | DETM |
| 2. Inside Crack Motion | ICM | 4. Cross Stack Motion | COSM |
| | | 5. Wide Cross Motion | WCOM |

ANY RECEIVER MOTION



- | | | | |
|-------------------------------|------|-----------------|-----|
| 1. Double Behind Motion | DBCM | 3. Cross Motion | COM |
| 2. Double Inside Crack Motion | DICM | | |

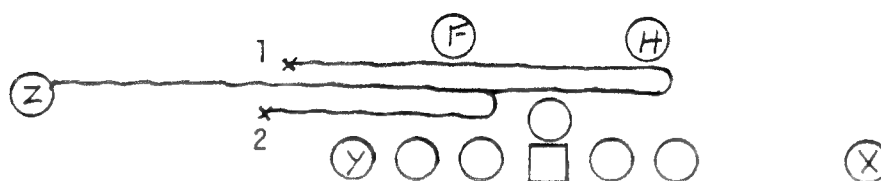
ANY RECEIVER MOTION



- | | |
|---------------------|-----|
| 1. Out Motion | OM |
| 2. Out Crack Motion | OCM |

NOTE: "Mohawk" Alert for Receiver Motion

RECEIVER CHANGE OF DIRECTION MOTION



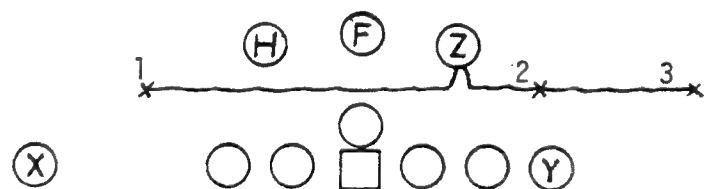
1. Reverse Motion

RM

2. Orbit Motion

OM

RECEIVER OUT OF BACKFIELD MOTION (Z)



1. Z Cross Motion

ZCOM

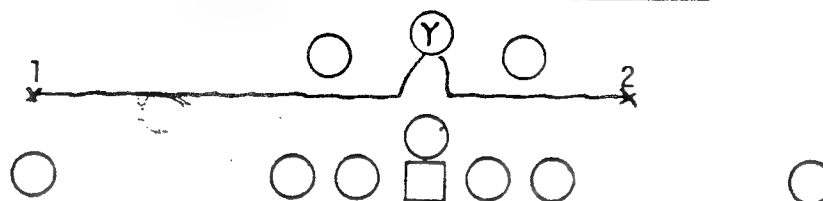
2. Z Detroit Motion

DETM

3. Z Out Motion

ZOM

RECEIVER OUT OF BACKFIELD MOTION (Y)



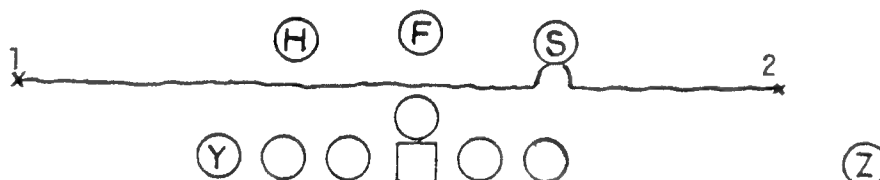
1. Y Out Stack Motion

YOSM

2. Y Cross Motion

YOM

RECEIVER OUT OF BACKFIELD MOTION (S)



1. Slot Cross Motion

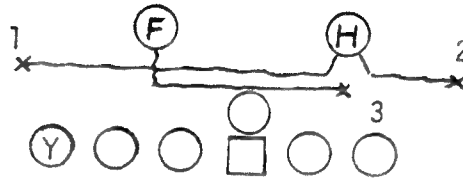
SCOM

2. Slot Out Motion

SOM

BACK MOTION

(Z)

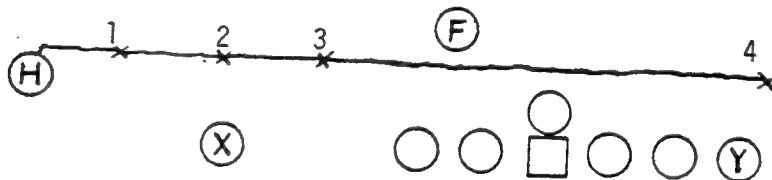


1. Halfback Buzz Motion HBZM

2. Halfback Peel Motion HPM

3. Fullback Quick Peel Motion FQPM

ODD BACK MOTION



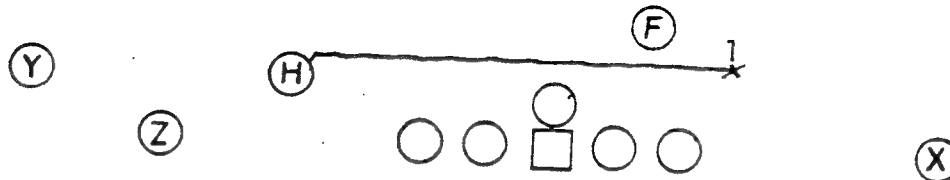
1. Halfback Crack Motion HCM

2. Halfback Behind Crack Motion HBCM

3. Halfback Inside Crack Motion HICM

4. Halfback Cross Buzz to Trips HBZ-Trips

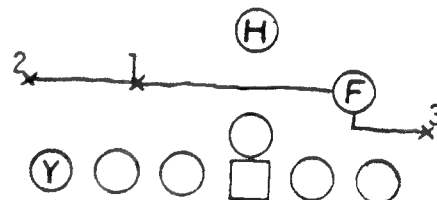
ODD BACK MOTION



1. Halfback Cross Peel to Double-L Exchange Strong HP-Db1-Exch Stg

BACK MOTION

(Z)



1. FB Quick Buzz-Trips FQBZ-Trips

2. Fullback Buzz-Trips FBZ-Trips

3. Fullback Peel-Double FP-Db1

NOTE: Call the formation that back motions into

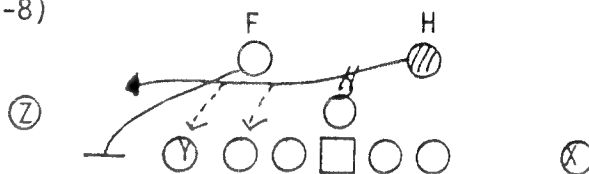
SERIES:

RUN SERIES

:DESCRIPTION

Flow Series

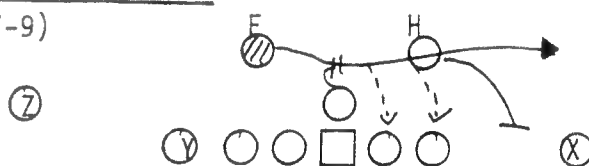
(Flow at 4-6-8)



Both Backs lateral move to same side. Far Back carries. QB Reverse Pivot.

Flow Series

(Flow at 5-7-9)



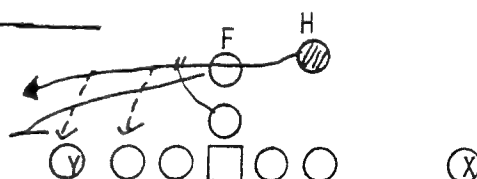
Same as above.

Ride Flow Series

(Ride at 8-6-4)

Also Near Ride at 9-7-5

(Z)



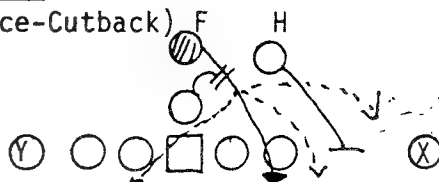
Same as above except QB has a front (open) handoff.

Slant Series

(Slant at 5-7 or Bounce-Cutback)

Also Near-Slant 4-6-8

(Z)



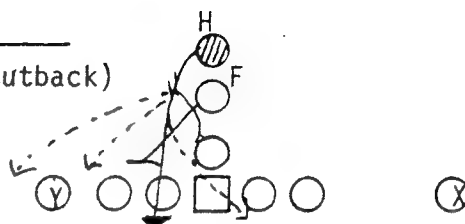
FB carries from position behind QB. HB leads.

Lead Series:

(Lead at 4-6-8 or Cutback)

Also: Lead at 5-7-9

(Z)



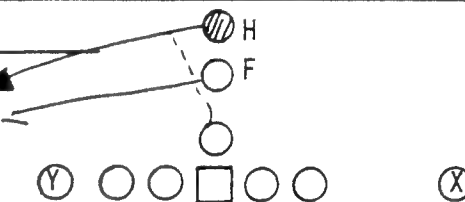
HB carries. FB leads.

Toss Series

(Toss at 8)

Also: Toss at 9

(Z)



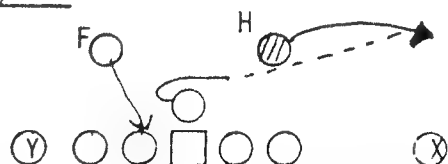
Pitch to Back behind QB.

Toss Series (Qk Toss)

(Qk Toss at 9)

Also: Qk Toss at 8

(Z)



If pitch is to Back not behind QB the toss becomes a Quick toss.

SERIES:

RUN SERIES

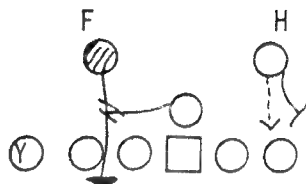
:DESCRIPTION

Dive Series:

(Dive at 4)

Also: Dive at 5

(Z)



One Back with straight handoff.
No Lead Back. Can come from
any formation.

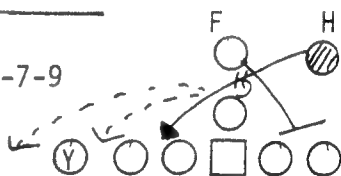
(X)

Cross Series:

(Cross at 4-6-8)

Also: Near Cross at 5-7-9

(Z)



FB hits Over Guard away from the
play as a blocker or ball carrier.
HB crosses to other side as a
ball carrier-various formations.

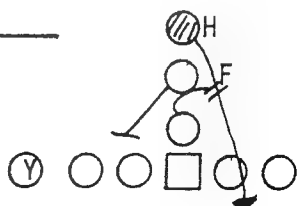
(X)

Cross Series:

(Cross at 5)

Also: Cross at 4

(Z)



Same as above

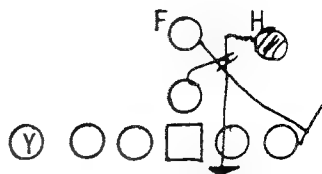
(X)

Lag Series:

(Lag at 5 - Draw)

Also: Near Lag at 4-6

(Z)



Draw action with FB leading on
Inside Linebacker. HB is the
ball carrier.

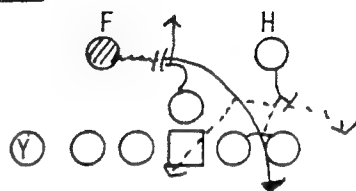
(X)

Draw Series

(Lead Draw at 5)

Also: Lead Draw at 4

(Z)



Call the backfield pass action
and then the Draw

Ex: 50-FB Ld. Draw at 5

Draws can be from any formation.

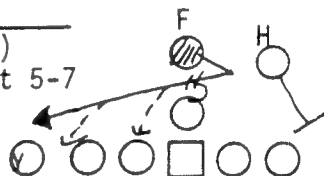
(X)

Counter Series

(FB Ct. Dive at 4-6-8)

Also: Near FB Ct Dive at 5-7

(Z)



One or both Backs jab step away
from point of attack-either HB
or FB can carry the ball. Can
run from various formations and
series.

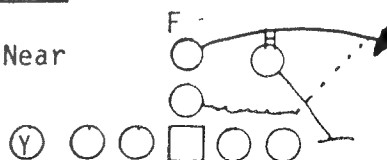
(X)

Option Series:

(Option at 9)

Also: Option at 8 from Near

(Z)



QB has down the line action with
possibility to pitch it to a Back
or turn up and pitch or keep it.
Can be run from various formations.

(X)

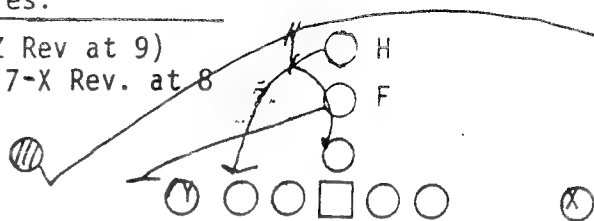
SERIES:

RUN SERIES

:DESCRIPTION

Reverse Series:

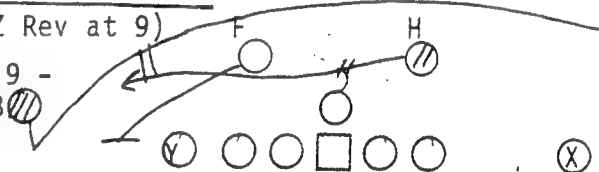
(Lead at 6-Z Rev at 9)
Also: Lead at 7-X Rev. at 8



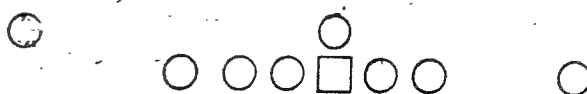
We will call original play
then the reverse man-can be
run from various formations.
(QB may hand ball off or Back
may hand ball off (Dbl. Rev.)

Reverse Series (Dbl. Reverse)

(Flow at 8 - Z Rev at 9)
Also: Flow at 9 -
X Rev. at 8



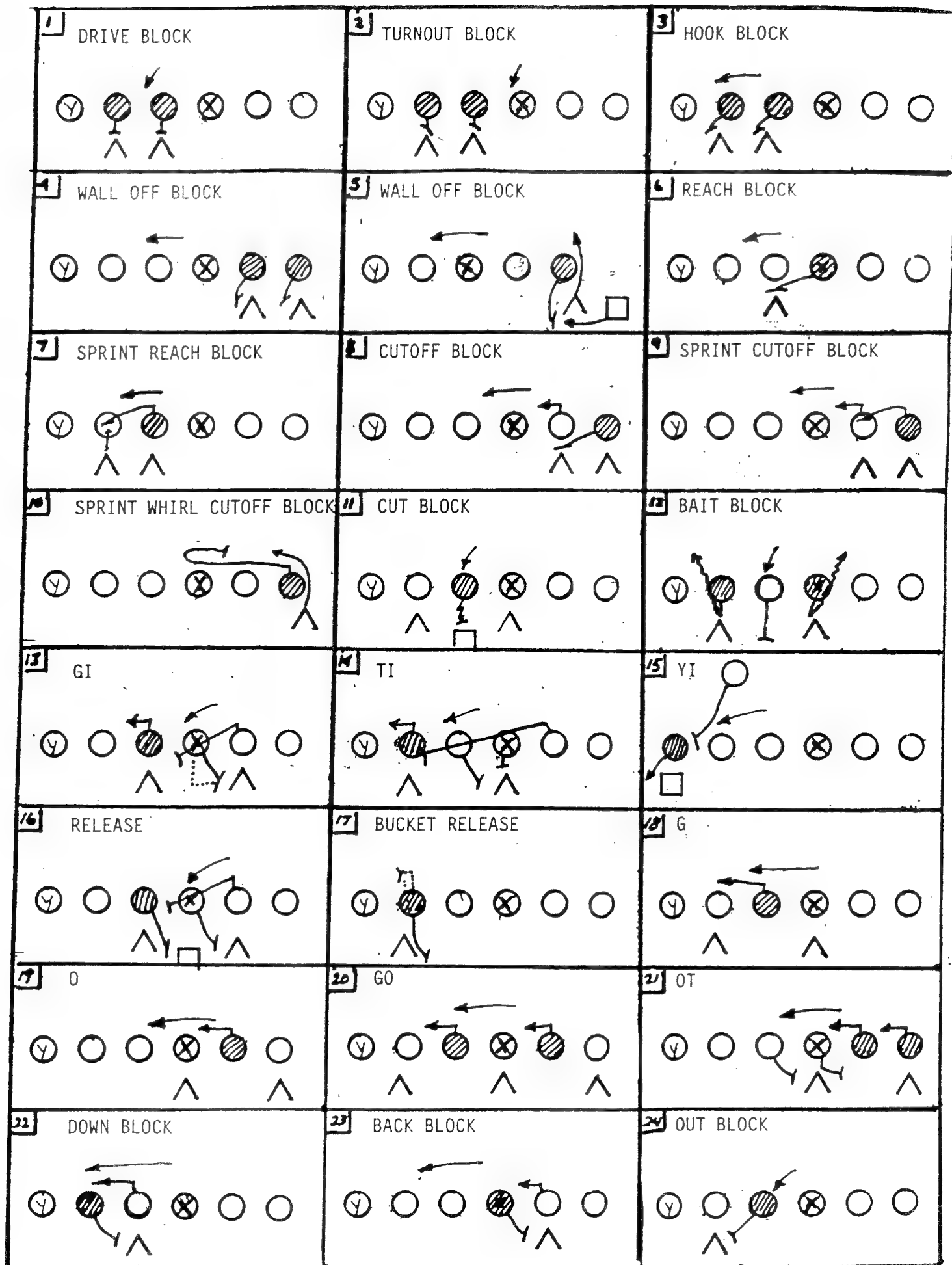
Same as above (Dbl. Reverse)

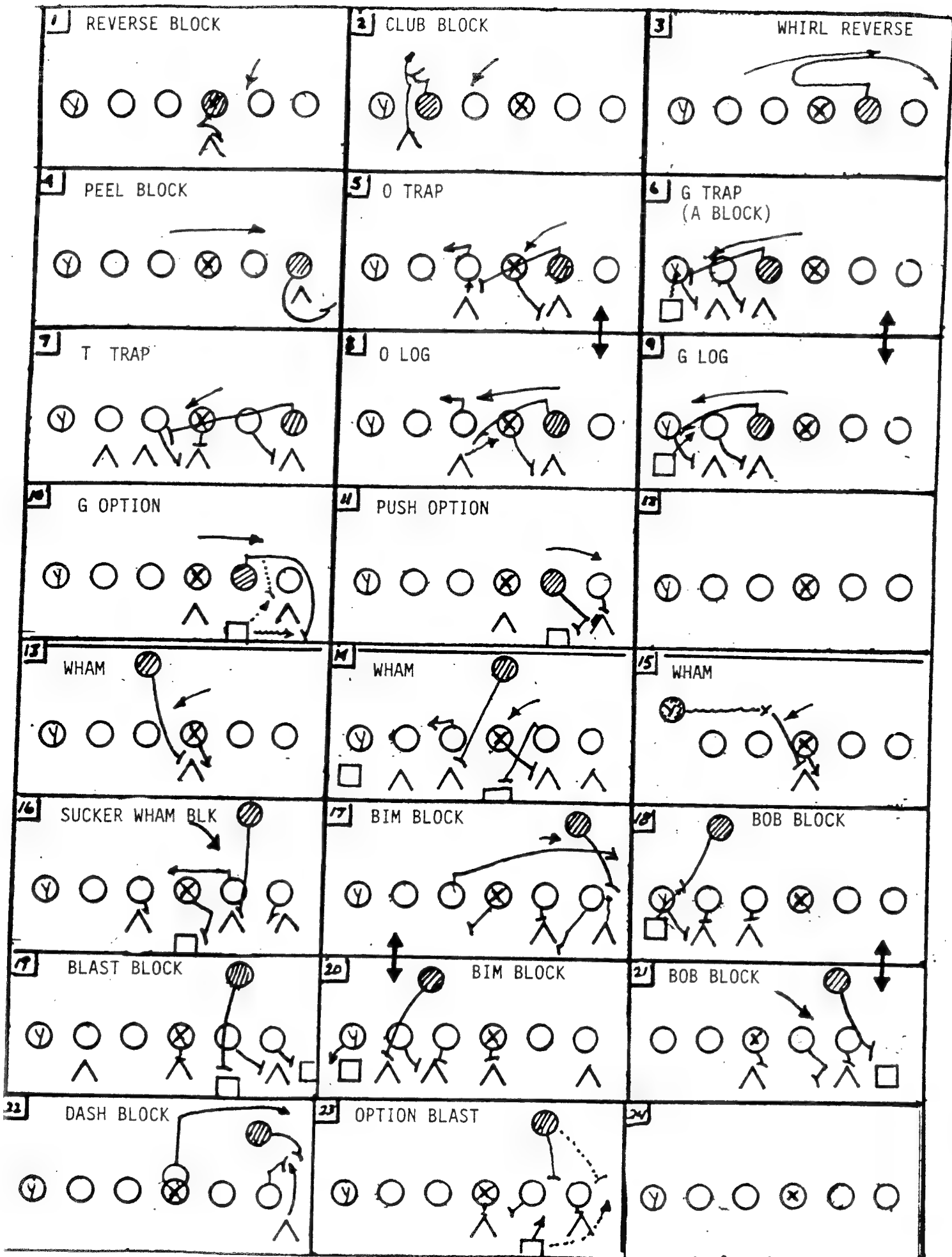


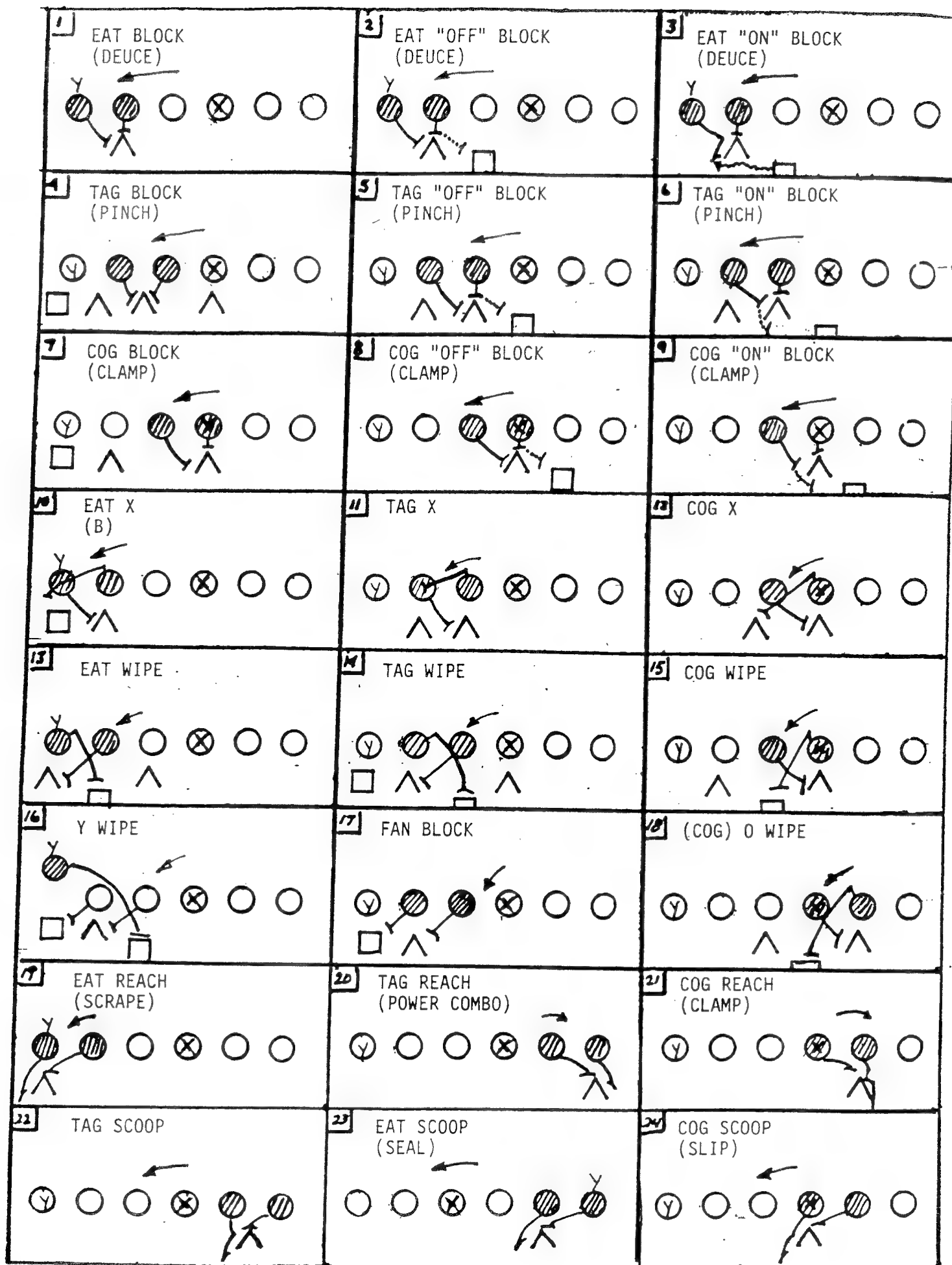
DEFENSIVE BLOCKING TERMINOLOGY

DEFINITIONS:

<u>RELEASE:</u>	Describes an Offensive Lineman releasing inside off the L.O.S. to cut off a linebacker on pursuit.
<u>EAT:</u>	Describes Offensive Tight End and Tackle executing a blocker combination.
<u>TAG:</u>	Describes Offensive Tackle and Guard executing a blocking combination.
<u>COG:</u>	Describes Offensive Guard and Center executing a blocking combination.
<u>"G" GUARD:</u>	Describes Onside Offensive Guard pulling.
<u>"O" GUARD:</u>	Describes Offside Offensive Guard pulling.
<u>"OT":</u>	Off Tackle and Off. Guard pull onside.
<u>"T":</u>	Off Tackle pull onside.
<u>ON T:</u>	Onside Tackle pulls on Toss.
<u>"G" "O":</u>	Describes both Offensive Guards pulling.
<u>"T.I.":</u>	Describes an Offensive Tackle pulling or setting to influence a defensive player on run. (Pass Set or Pull).
<u>"G.I.":</u>	Describes an Offensive Guard pulling or setting to influence a defensive player on run. (Pass Set or Pull)
<u>"Y.I.":</u>	Describes a Y releasing from the L.O.S. to influence a defensive player on run. Also called Y outside release.
<u>"B.I.":</u>	Describes a Back trying to influence a defensive player on run.
<u>"C.I.":</u>	Center Influence.
<u>BAIT:</u>	Passive position block by offense linemen.
<u>REVERSE BODY BLOCK:</u>	Body works around opposite the head.
<u>SLOT I:</u>	Slot influence Will or ZCOM to Slot and influence Will.
<u>OH:</u>	Off Guard and Halfback pulling onside - usually Counter Play.
<u>OF:</u>	Off Guard and Fullback pulling onside - usually Counter Play.







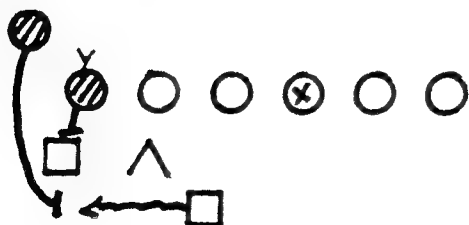
WAY DOWN



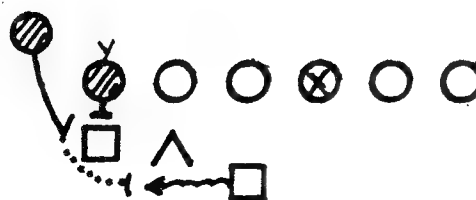
WAY BLOCK



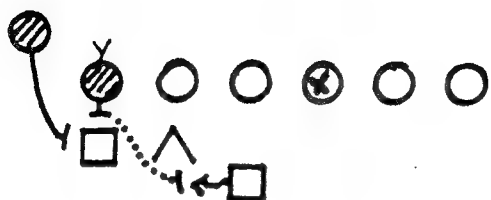
WAY SLAM



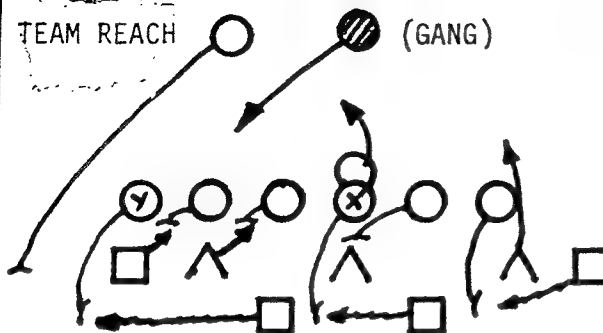
WAY ON



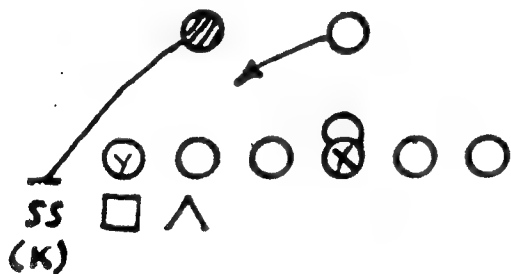
WAY OFF



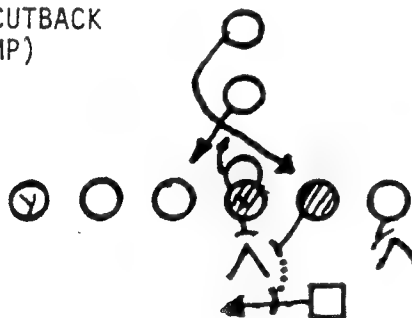
TEAM REACH



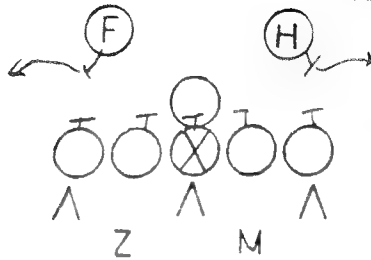
BOSS BLOCK



COG CUTBACK
(CLAMP)



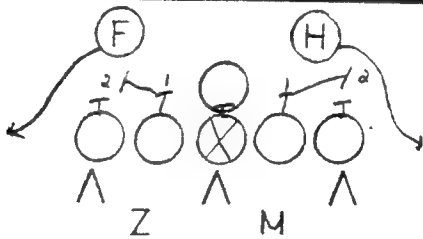
PASS PROTECTION



BASE

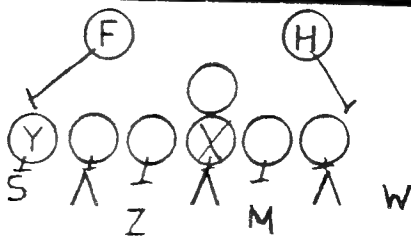
Line responsible for Defensive Line and Inside LBs - Backs responsible for OLBs

Note: Vs. 4 man line - offensive line responsible for Defensive line and Inside LB.



DUAL - DOUBLE DUAL

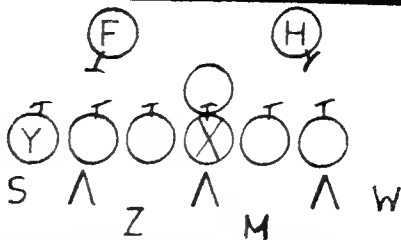
Guard responsible for inside LB first then outside LB on his side.



QUICK

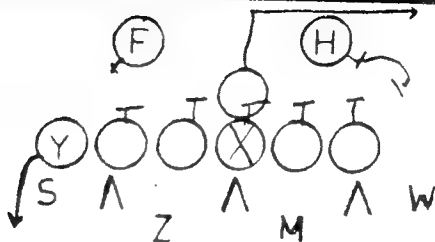
Aggressive drive or cut blocks

Backs fire up at OLBs - 3 step drop by QB



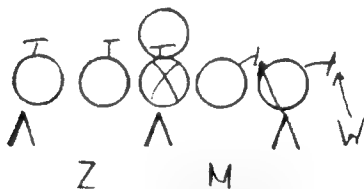
MAX

Everyone stays to block - usually vs. Blitz



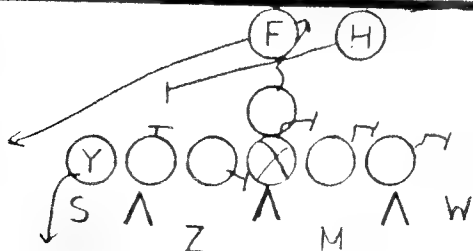
DASH

Base Protection with one Back sliding outside to hook a Defensive End enabling QB to Dash outside Pocket



FAN

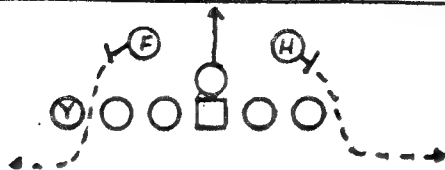
Vs. OLB Rush - Guard on DE and Tackle on Rush LB



TURN

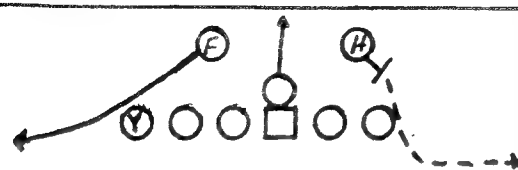
Usually Play Action - Four Offensive Linemen responsible for everyone past Center. Back responsible for strongside LBs-Inside or Outside

FLARE CONTROL OF BACKS



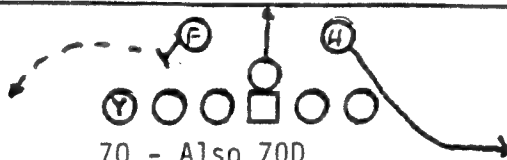
50 - Also 50D

Both backs block to their sides



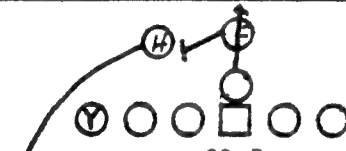
60 - Also 60D

Back to Y side releases - Back away blocks (Also Draw 60)



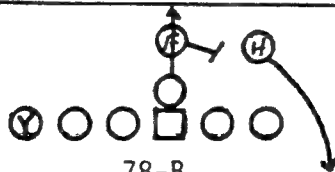
70 - Also 70D

Back to Y side blocks - Back away release (Also Draw 70)



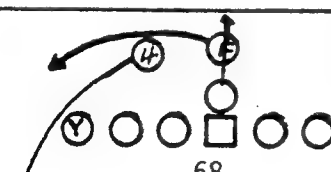
68-B

Both backs go to Y side, first back release - second back blocks.



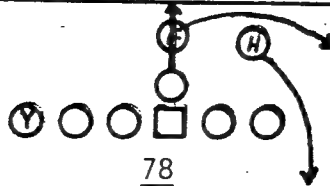
78-B

Both backs go away from TE side, first back releases-second back blocks.



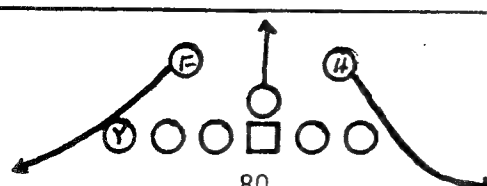
68

Both backs release to Y side



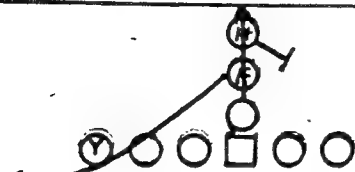
78

Both backs release away from Y side.



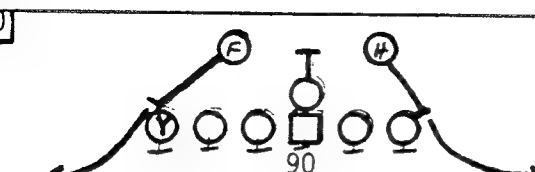
80

Both backs release to their sides



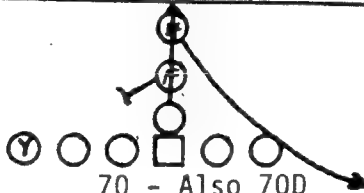
60 - Also 60D

Back to Y side release - Back away blocks. (Also Draw 60)



90

Backs fire up and block or run flat. Line fires out - 3 step drop by QB. Odd formations = Odd 90



70 - Also 70D

Back to Y side blocks - back away release (also Draw 70)

BACK FLARE COACHING POINTS

DELAYS:

1) D-Swing 2) D-Flat 3) Delay 4) D-Sneak

LEAK:

Back out late on broken pattern or Action

DUMP:

QB throwing ball to back as soon as he clears L.O.S. Ex: Dump Flat

Any 80 Pattern we describe Back to Y side first. - Back away from Y second.

(Exp #5 and #7)

Zoom:
(Delay)

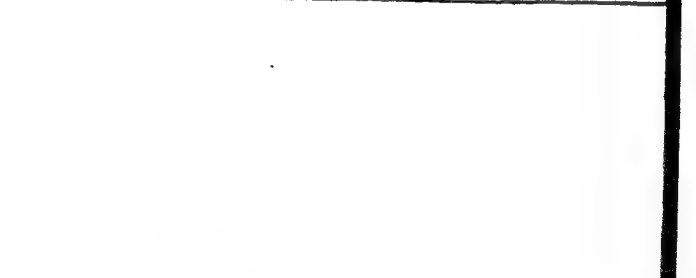
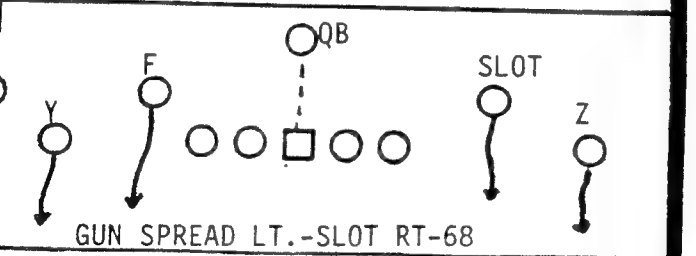
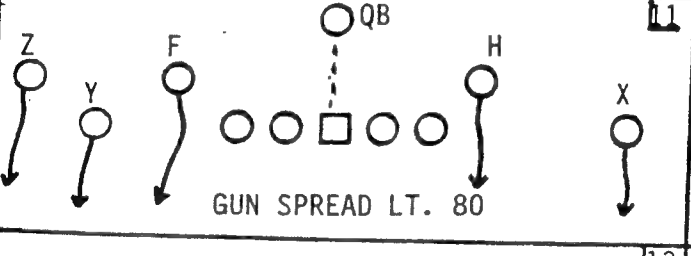
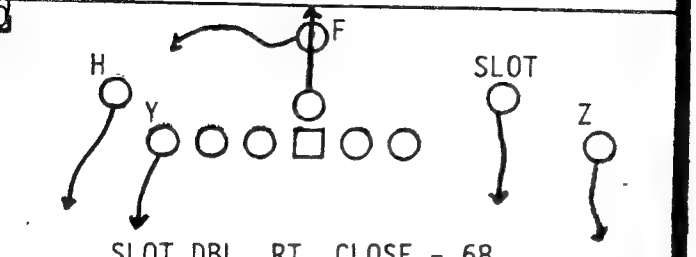
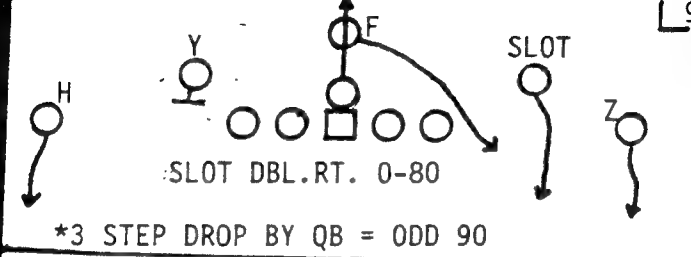
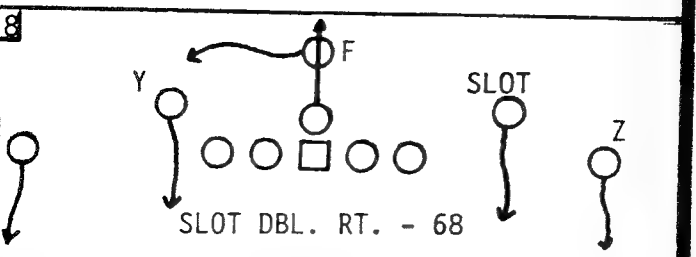
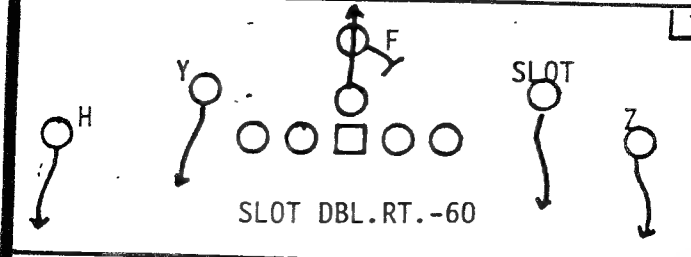
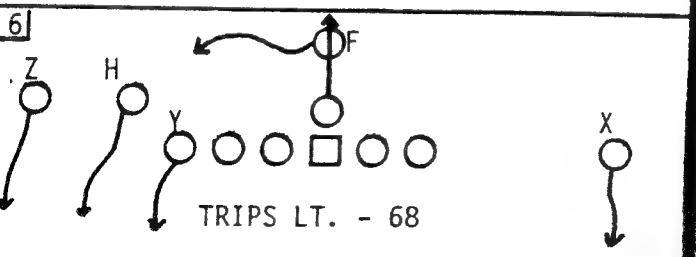
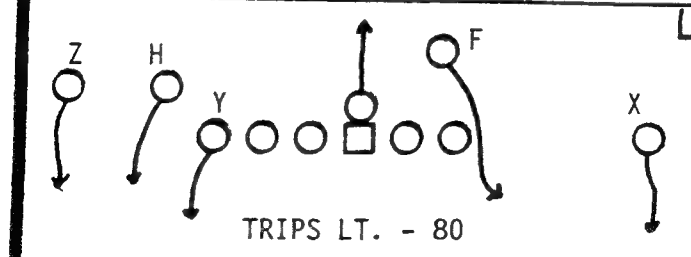
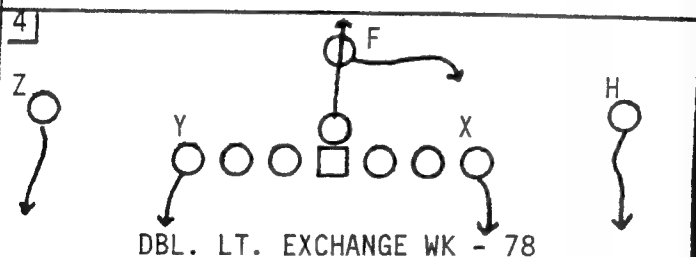
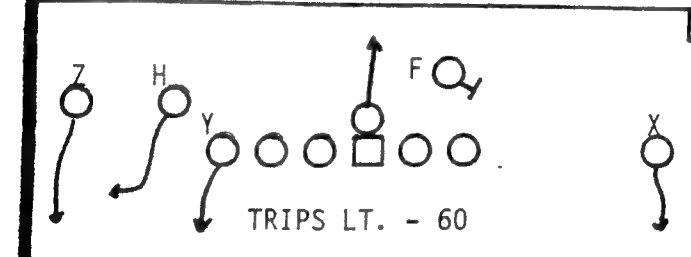
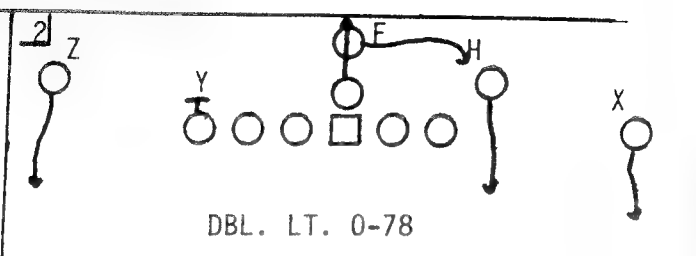
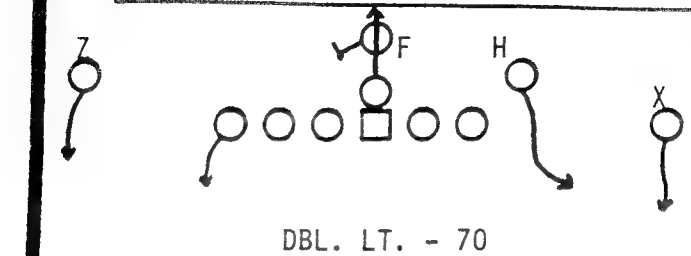
78 Zoom-Go

Any time a Back is out of the backfield in odd position, his tree of patterns will be a TE Tree (If he is next to tackle) or a Wide Receiver Tree if he is wide. We will use word description and not a number. Exp. #9 and #10.

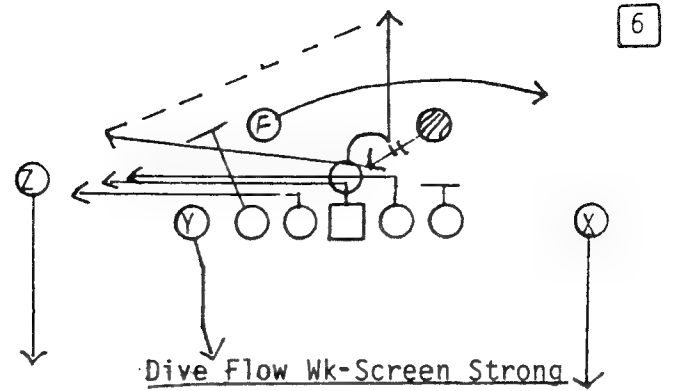
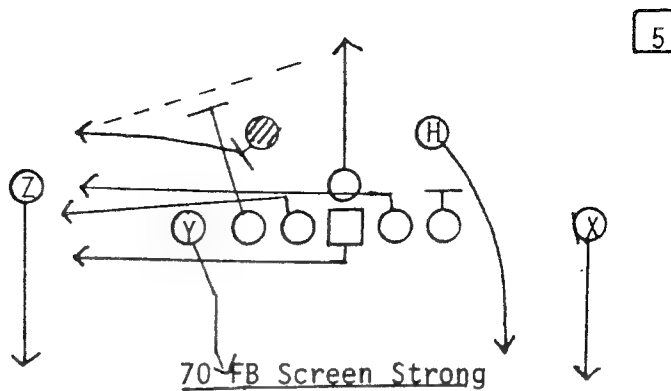
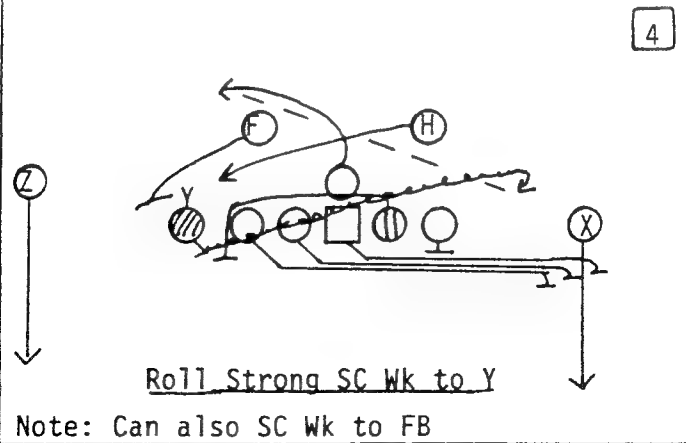
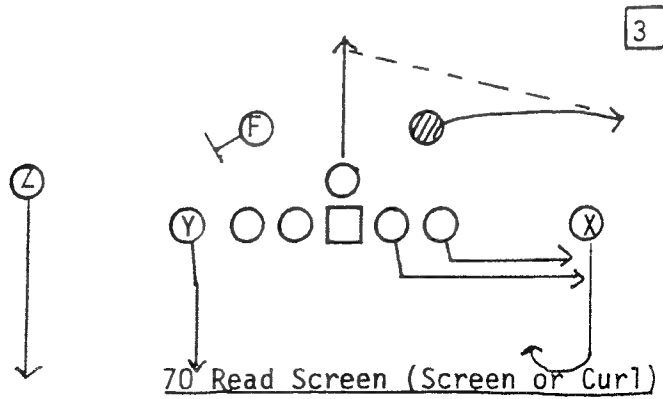
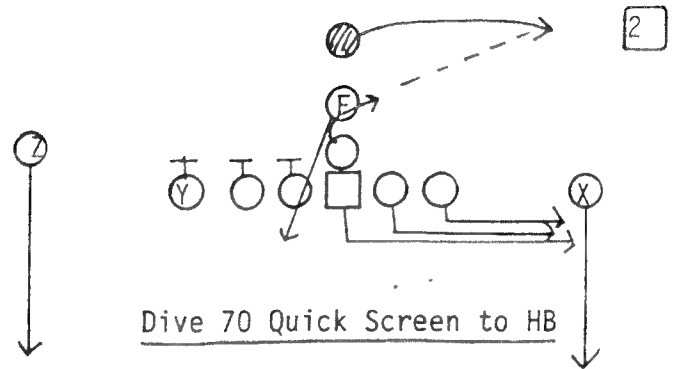
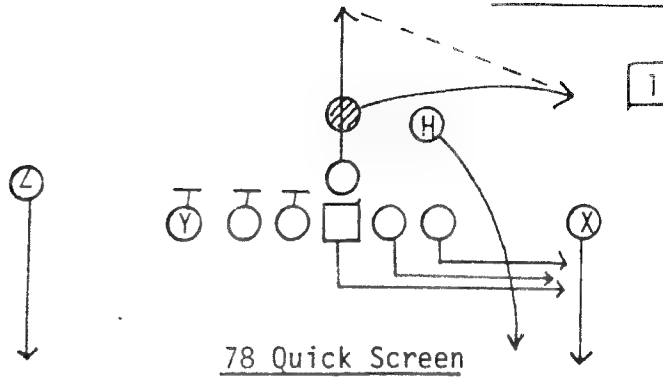
Db1...Lt. - 78-B(H-Drag)

Db1. Lt. Wide - 78-B(H-Dig)

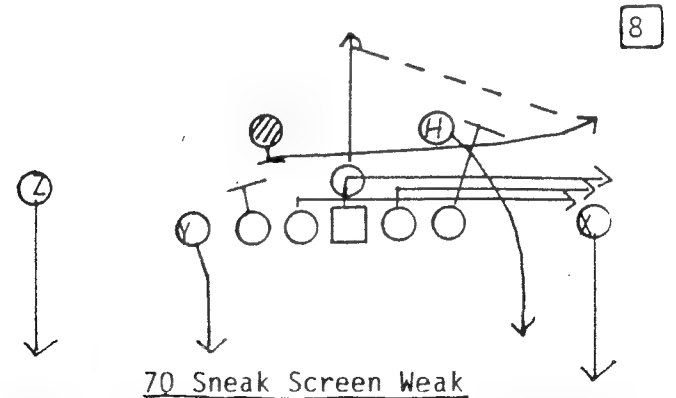
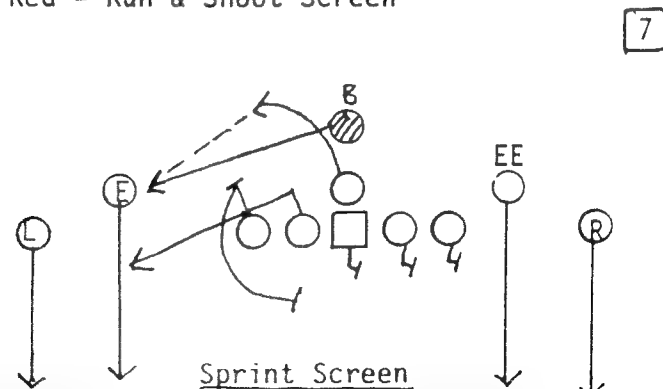
FLARE CONTROL OF BACKS - ODD FORMATIONS



SCREEN EXAMPLES

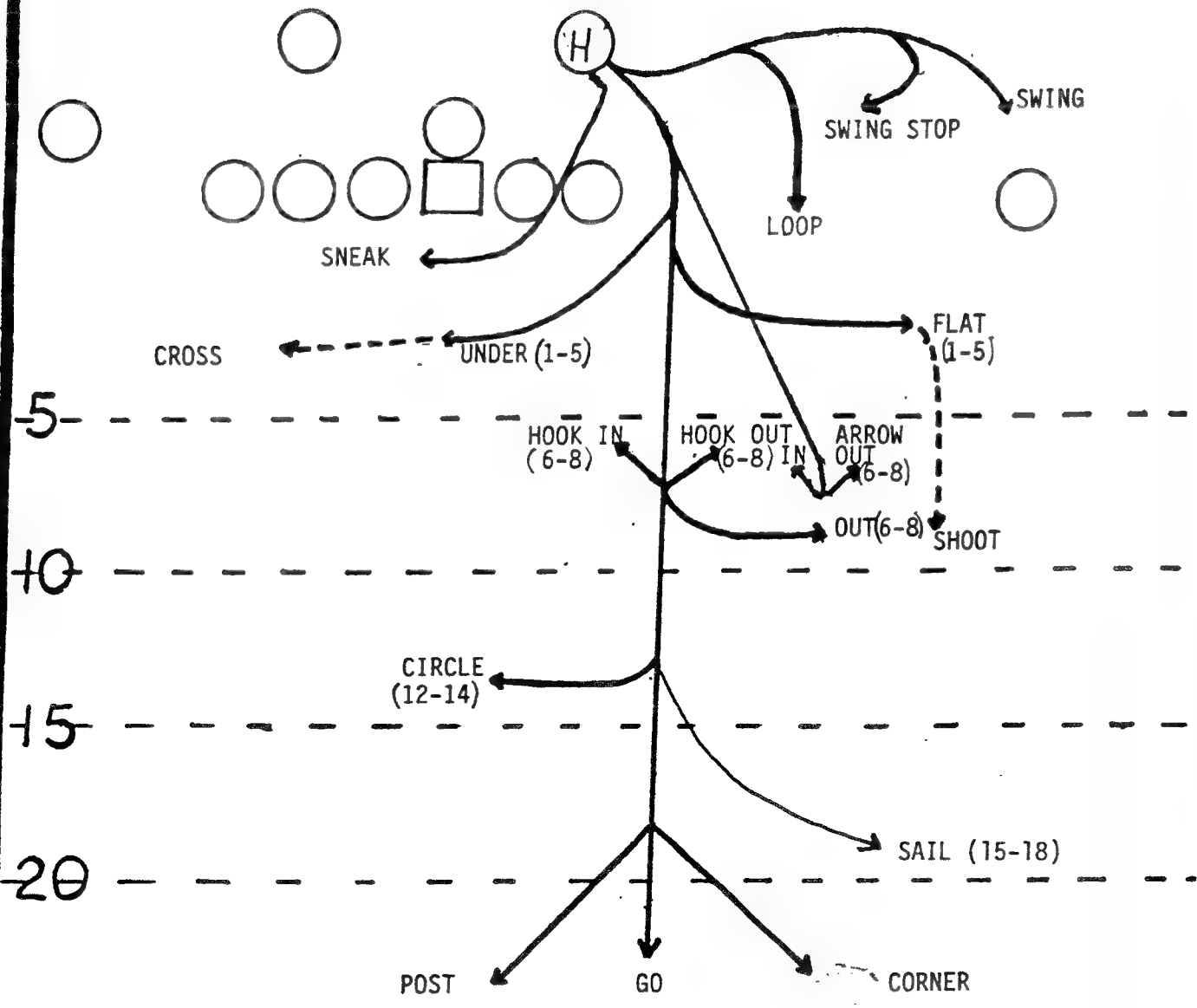


*Red - Run & Shoot Screen

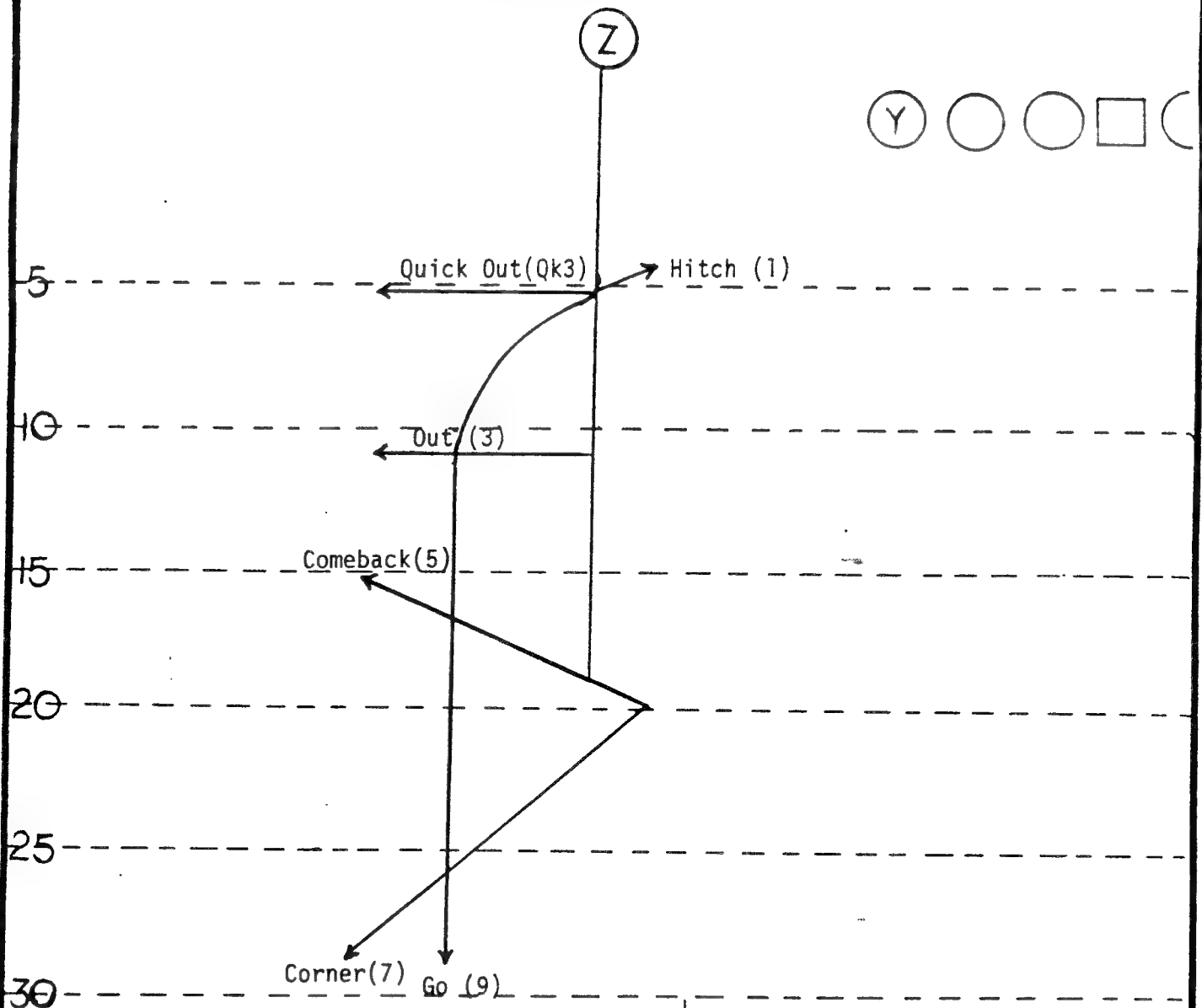


Note:
Screens called by giving Back Block and Screen-Also special Screens - SEE ABOVE.

BACK PATTERN TREE

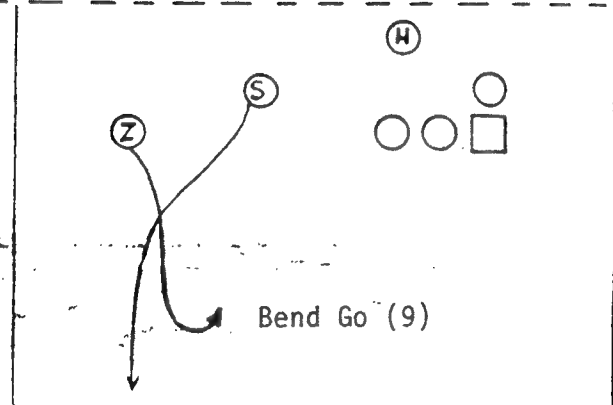


OUTSIDE ROUTES OF X OR Z



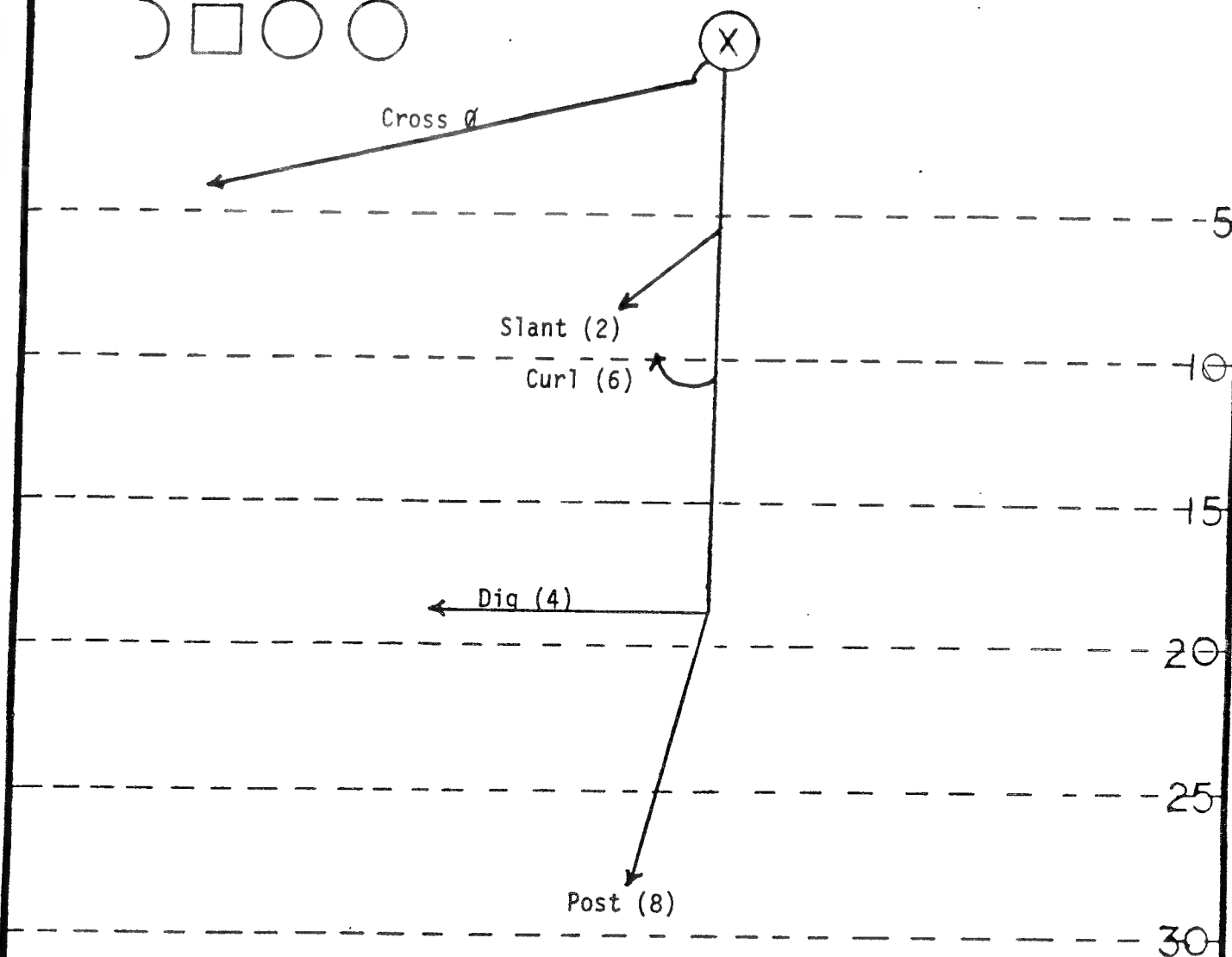
ROUTE VARIATIONS

- Quick Screen (one step hitch)
- Pump (Go after running a short route)
- Whip (Delay In then Out)
- Deep 3 (Out at 15-20 yds)
- Fade (Quick Go vs. Bump)
- Zone Adjust (Go between K & S on zone rotation)
- Stalk Go (Fake Stalk Block and Go)



NOTE: Pump means QB is trying to get defensive man to bite on original pattern and receiver then runs another pattern.

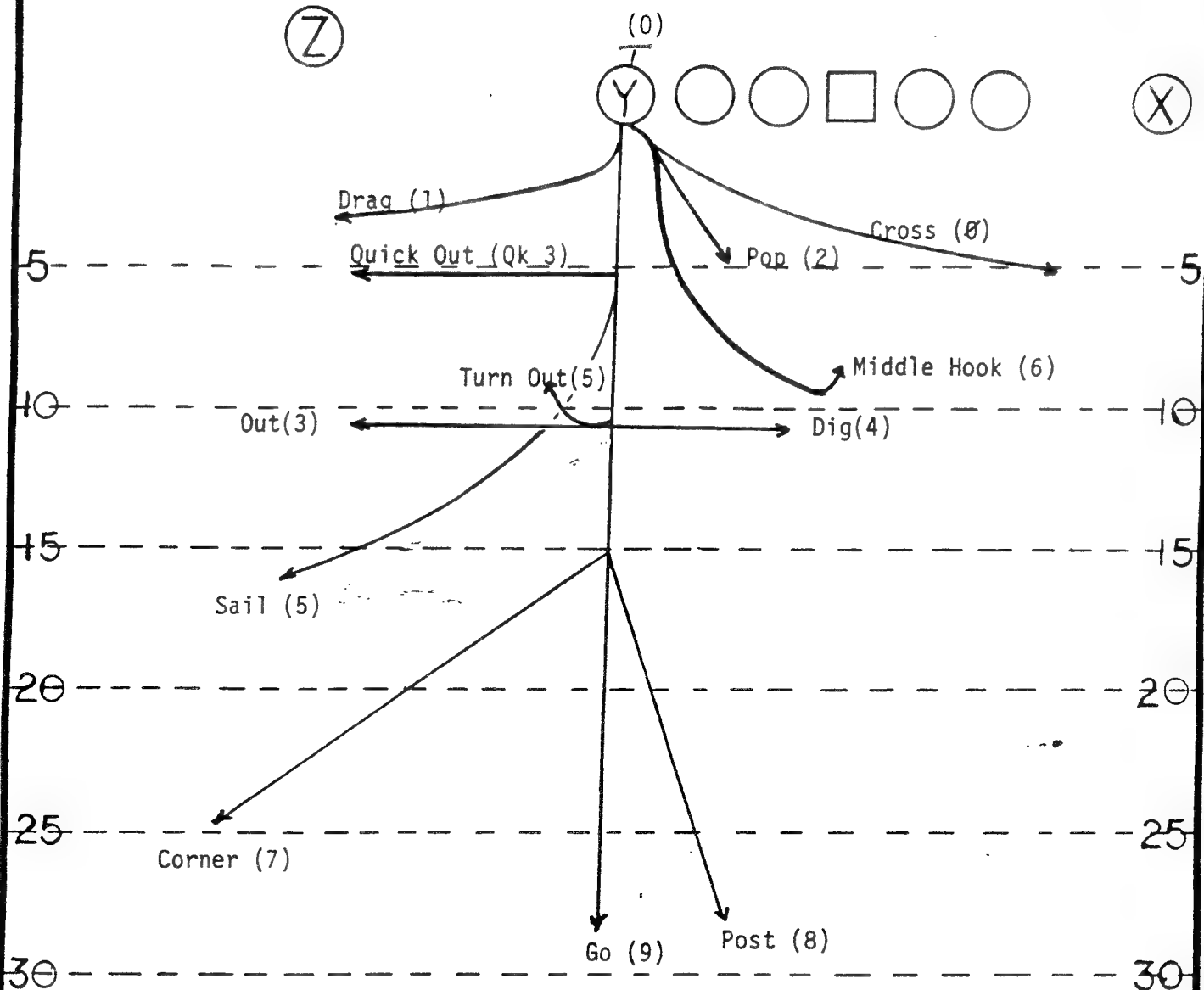
INSIDE ROUTES OF X OR Z



ROUTE VARIATIONS

- Deep Cross (Cross ends up 15-20 deep on opposite side field)
- Pump (Go after running a short route)
- Hook and Ladder (Lateral to Back off a Curl)
- Middle Post (Post pattern over middle)
- Zoom (Delay inside)

TIGHT END OR TIGHT RECEIVER (NEXT TO TACKLE) ROUTES

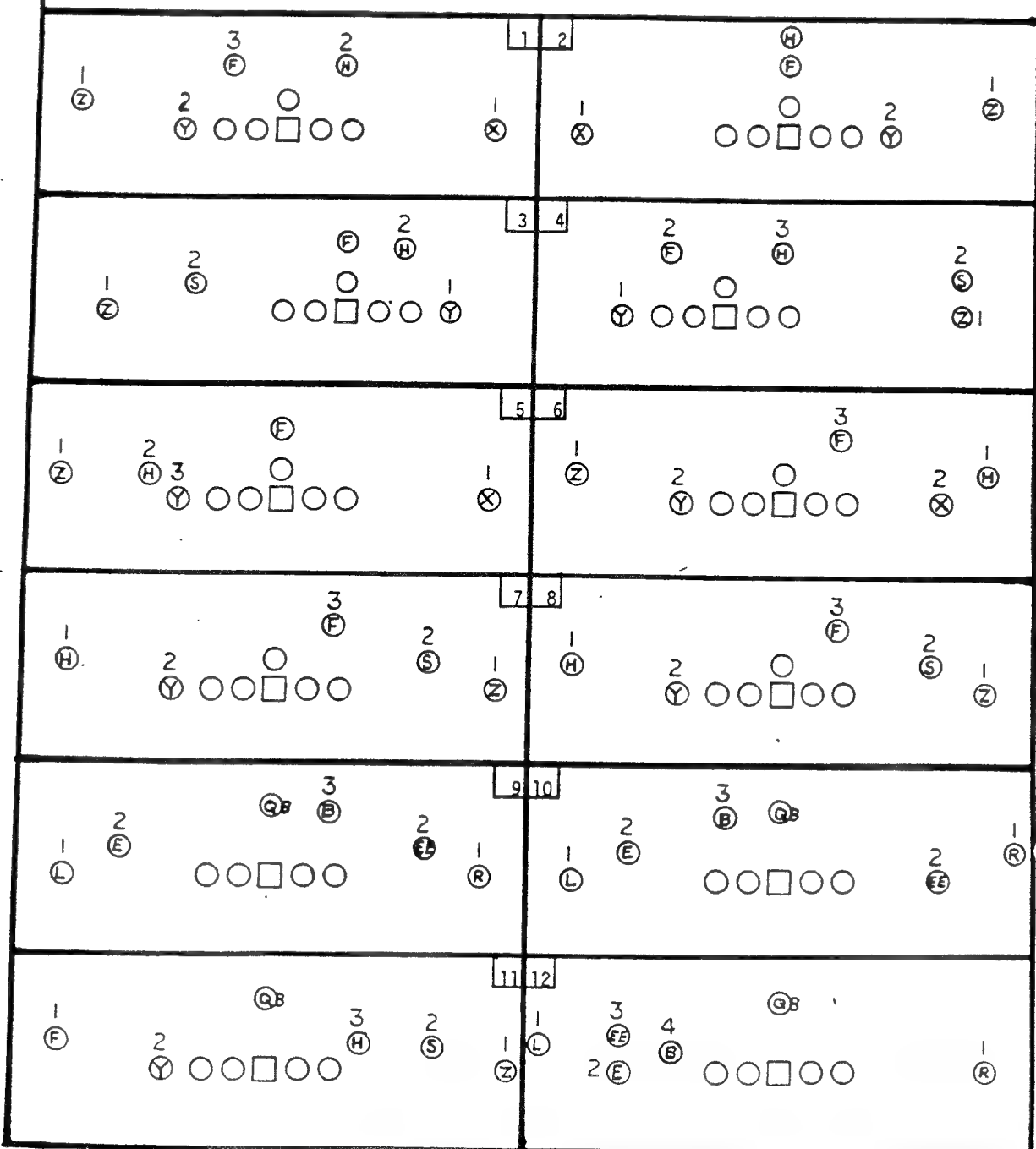


Route Variations

- Screen (0 Block Screen)
- Fall Down Screen (0 Block Fall Down Screen)
- 0 Cross (0 Block Delay Cross)
- 0 Drag (0 Block Delay Drag)
- Zoom (Delay Inside)
- Whip (Delay In then Out)
- Pump (Go after running a short route)
- Deep Cross (Cross ends up 15-20 deep on opposite side of field)
- Deep Corner (Corner at 25)
- Seam 9 (Outside release Go between Zone men)
- Shake (Out and Go vs. Db1. Zone)

NOTE: X-Y-Z can run back routes if lined up in backfield.

As a defense, we place a great deal of emphasis on formation recognition. We assign letters to receivers denoting the position they play and the type of receiver playing the position. There are times, however, that as we talk about a defense or coverage, we need to refer to an eligible receiver without reference to what type receiver or what position this receiver plays. We will do that by numbering the receivers. The count is from outside-in up to the quarterback. If a receiver is in the power position, he is not counted until the ball is snapped and he declares himself to a side. If a receiver goes in motion, he assumes the number position where he ends up at the snap.

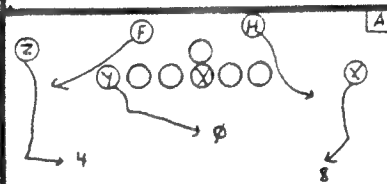


DROPPACK PASS DESCRIPTION

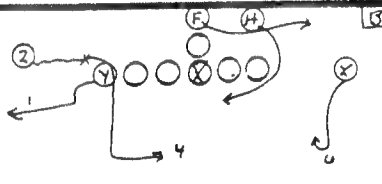
TWO-BACK NORMAL - Personnel: Pro-Green-Orange- Any other personnel groups that end up with what we consider two Backs to backfield.

Call Progression

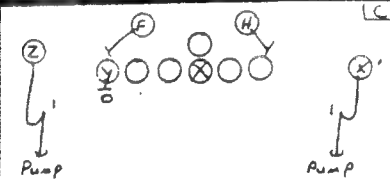
1. Formation
2. Motion - if any
3. Backfield Flare Action and Back Pattern
4. Pattern numbers of Receivers on LOS. Single Receiver side first.
5. Additional terms to describe route variation - if any.



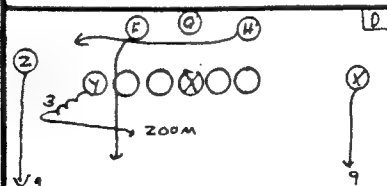
1. Split L
2. --
3. 80 Flats
4. 804
5. --



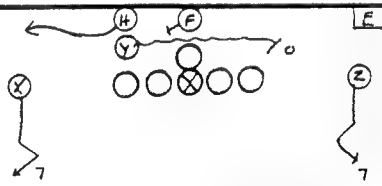
1. Far L
2. Z Crack Motion (ZCM)
3. 78 - Under
4. 614
5. --



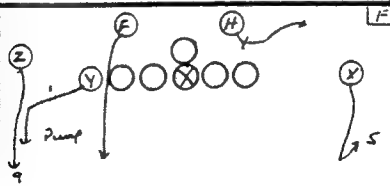
1. Split L
2. --
3. 90
4. 101
5. Z and X Pump



1. Gun Split L
2. --
3. 68 Go
4. 939
5. Y Zoom



1. Near L-Y in Backfield
2. Y Cross Motion (YCOM)
3. 78 - B Swing
4. 707
5. --

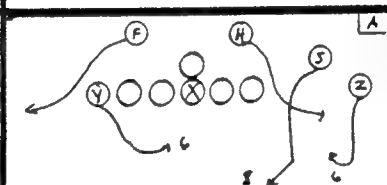


1. Split - L
2. --
3. 60 - Go - H Delay Swing
4. 519
5. Y Pump

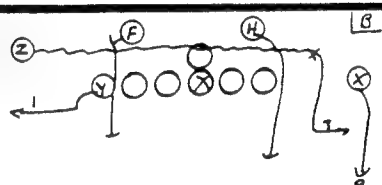
TWO-BACK SLOT - Personnel: Pro - Any other personnel groups that end up with what we consider two Backs in backfield. Can only be Pro-White

Notes:

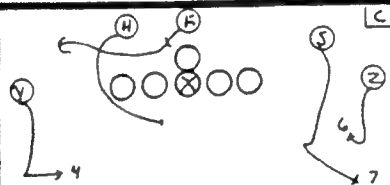
- A. Flare control is called in relationship to Y.
- B. WR Motion - whichever WR ends up inside, he is S and outside Receiver is Z.
- C. WR in backfield - if he is lined up away from Y, he is Slot



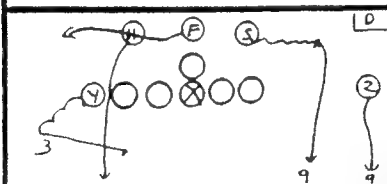
1. Split Slot Rt
2. --
3. 80 Flats
4. 686
5. --



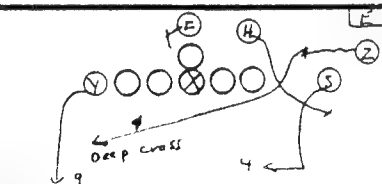
1. Split Left
2. Z Cross Motion (ZCOM)
3. 70 Go F Delay
4. 139
5. --



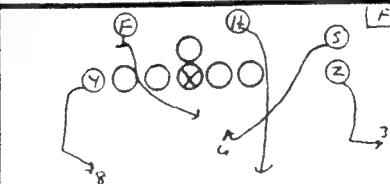
1. Near Slot Rt Open
2. --
3. 68 B Under F Delay Swing
4. 476
5. --



1. Near Slot Rt - Slot backfield
2. Slot Out Motion (SOM)
3. 68 Go
4. 399
5. Y Zoom



1. Far Slot Rt
2. Z Inside Crk Motion (ZINCM)
3. 70 Flat
4. 904
5. 2 Deep Cross



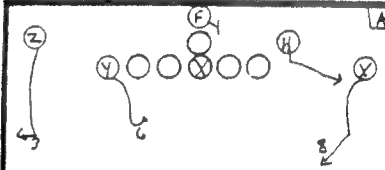
1. Split Slot Rt Stack
2. --
3. 70 Go F Delay Sneak
4. 863
5. --

DROPPACK PASS DESCRIPTION

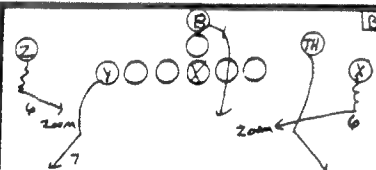
ODDS - Personnel: Pro-Green-Orange-White-Black-Blue

NOTES: Same Call Progression.

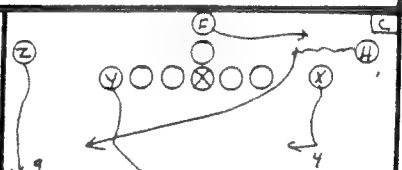
- Odd man can have same patterns as a WR if he is wide. If he is next to Tackle, he will have TE patterns.
- We will name odd man's route.
- We will number the same three receiver as in normal formations.
- Flare control will be designated as if a back come out on odd side.



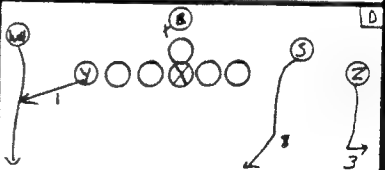
1. Db1. Left
2. --
3. 78B H Drag
4. 863
5. --



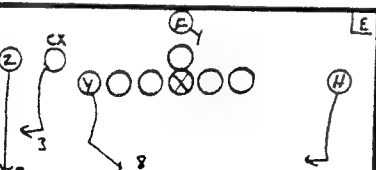
1. White Db1 L Wide
2. --
3. 78D - F Delay H Corner
4. 676
5. Z and X Zoom



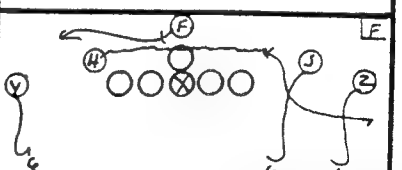
1. Db1 L - Exchange Weak
2. H In Crack Motion (H INCM)
3. 78 H Cross
4. 489
5. --



1. Blue Slot Db1. Right
2. --
3. 68B - H Go
4. 183
5. --

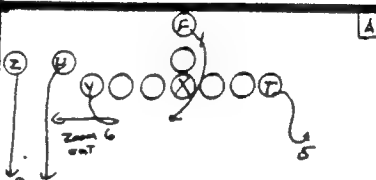


1. Chi Trips L
2. --
3. 78B H Dig
4. 839
5. --

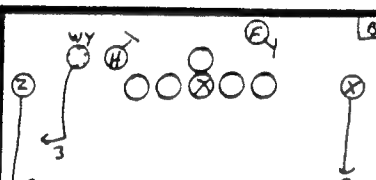


1. Slot Db1 Rt-Exchange Back-
2. H Cross Motion (HCOM) side
3. 70 D F Swing H Drag
4. 666
5. --

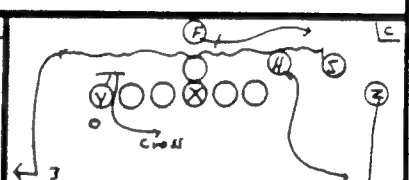
ODDS



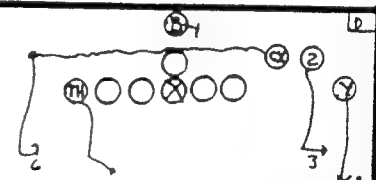
1. Green Trips Left
2. --
3. 60 H-Go - F Delay Sneak
4. 569
5. Y Whip



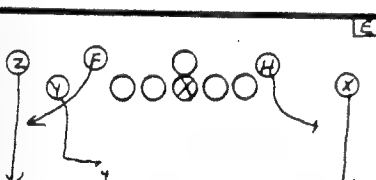
1. Orange Trips L Flex
2. --
3. 50
4. 939
5. --



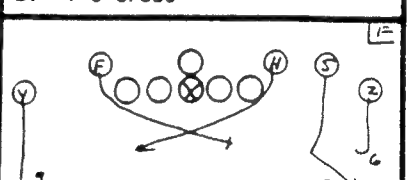
1. Slot Trips Rt
2. Slot Cross Motion (SL COM)
3. 78 B H Corner F Swing
4. 903
5. Y-0 Cross



1. White Chi Trips Rt Db1 Exchange
2. CX Cross Motion (CX COM)
3. 70 TH Post 639
4. --
5. --



1. Spread Left
2. --
3. 80 Drags
4. 949
5. --



1. Spread Slot Rt
2. --
3. 80 Crosses
4. 976
5. --

DROPPACK PASS DESCRIPTION

RED - 4 WR's - 1 Back or 4 WR's - 1 TE (TE Red)

BROWN - 5 WR's - 0 Back

When we have 4 or 5 Wr's, we will use a separate system to call personnel and to call the way we describe passing game.

The Personnel will be described as follows:

L = Widest receiver to Left

R = Widest receiver to Right

E = 3rd Wide Receiver

EE = 4th Wide Receiver

B = Back

WB = 5th WR replacing Back in Brown

The passing game will be described as follows:

BBR = Back Block Right

BBL = Back Block Left

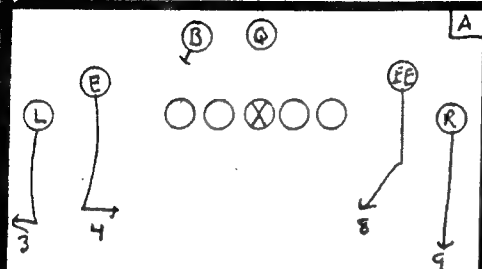
BL Flat = Back Out to Left and Flat

BBR Delay Sneak = Back Block Right and Delay Sneak

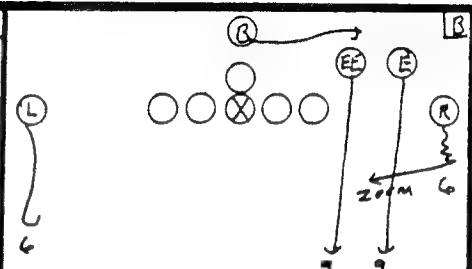
We will use numbers for receivers going from left to right.

With Brown WB replacing Back will have a WR named route if he is on LOS.

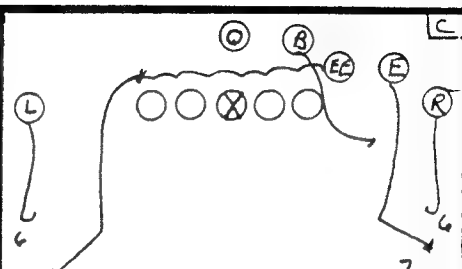
EXAMPLES



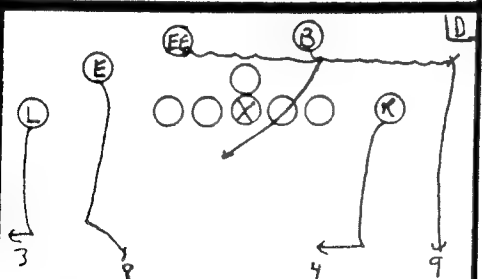
Red Gun DBL-BBL-3489



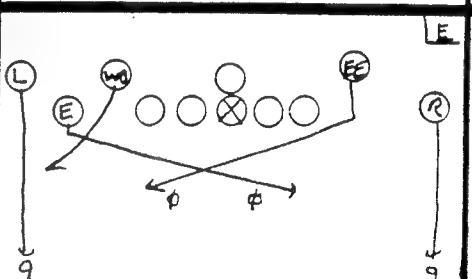
Red Trip-BR Swing 6996
R Zoom



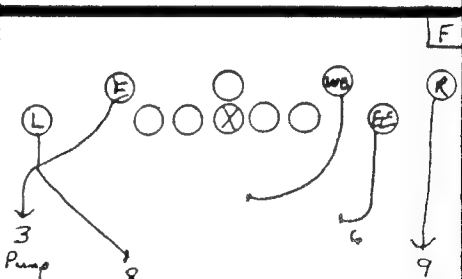
Red Trip - EE COM
BR Flat 6776



Red Trip EE in BF - EE COM
BBR Delay Sneak 3849



Brown Spread WB Drag
9009



Brown Spread - WB Curl
8369 E Pump

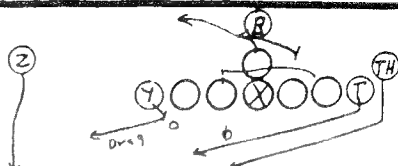
RUN ACTION PASS DESCRIPTION

- I. PLAY ACTION PASS
- Fake of a running play with QB not moving outside after fake.
Ex: Flow 6 Pass 987
- II. RUN PASS
- Ball carrier throwing off a run action play.
Ex: Flow 8 HB pass 919 Z Stalk Go
- III. ROLLOUT
- Two backs in one direction and QB with ball following them.
Ex: Roll Strong F Flat 479
- IV. BOOTLEG
- Two backs in one direction and QB with ball going opposite.
Ex: Flow Strong Bootleg 304
- V. WAGGLE
- Split action by Backs with QB with ball going out of pocket
Ex: Counter 6 Waggle 909
- VI. SPRINT
- QB moving out of the pocket with one Back in front of him.
No Run Fake
Ex: Sprint Strong 314
- VII. FLEA FLICKER
- A lateral to QB with a resulting pass.
Ex: F Draw Flea Flicker 939
Flow 8 Z Reverse Flea Flicker
- VIII. DASH
- Starts as a dropback - then QB moves out of pocket behind a seal block by a Back.
Ex: 50 - Dash Rt - 304

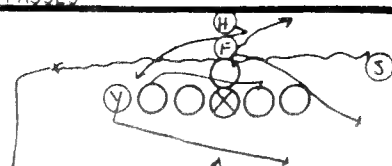
EXAMPLES OF RUN ACTION PASSES

<p>SP-L - Flow 6 Pass - F Flat - 989</p>	<p>SP-L - Flow 8 HB Pass - 919-- Z Stalk Go</p>
<p>SP-L - Roll Strong - F Flat 479</p>	<p>SP-L - Flow 8 Bootleg - 304</p>
<p>IL - Counter Cross 6 - Waggle 909</p>	<p>SP-L - Sprint Strong 413</p>
<p>SP-L - Flow 8 - Z Reverse Flea Flicker-X Slow 8</p>	<p>SP-L - 50 Dash Right - 504</p>
<p>Far L - Slant Pass - H Flat 809</p>	<p>SP-L - Trap Weak Pass - H Corner 304</p>
<p>SP-L - Shovel Note: If completed - it is a Run If not completed - it is a Pass</p>	<p>Far L - Lag Draw Roll - F Flat 484</p>
<p>IL - Lead Pass Strong - 453</p>	<p>White Slot DBL-TH COM Counter Pass-008</p>
<p>Near SL Rt-Counter Cross Waggle-F Flat 048</p>	<p>White Trips-TH COM-Dive Waggle-TH Drag 508</p>

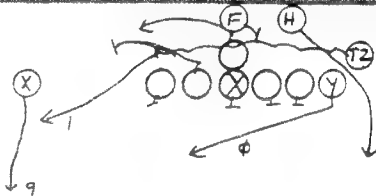
EXAMPLES OF RUN ACTION PASSES



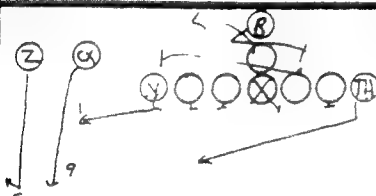
BLACK DBL L - Counter Slant Boot TH
Cross - 009 Drag



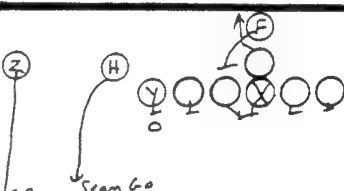
I SL RT-SL COM-Counter Cross Waggle F Flat 508



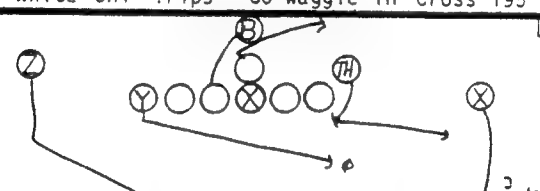
Near RT-TZ COM Slant Bootleg H Go 019



White Chi Trips - CO Waggle TH Cross 195



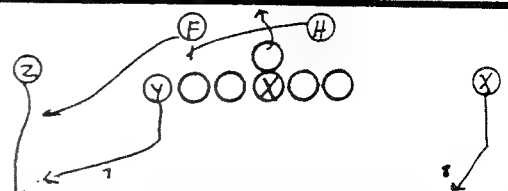
Trip L - Slant Pass - H Seam Go 509



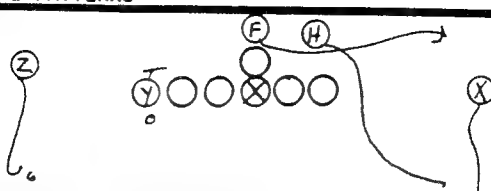
White Db1 - Dive Waggle TH Drag - 300



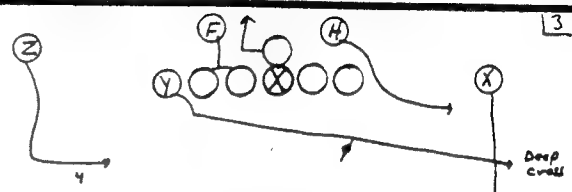
EXAMPLES OF STRAIGHT LINE PATTERNS



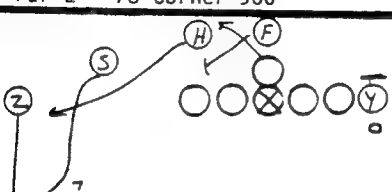
SP-L - Roll Strong - F Flat 879



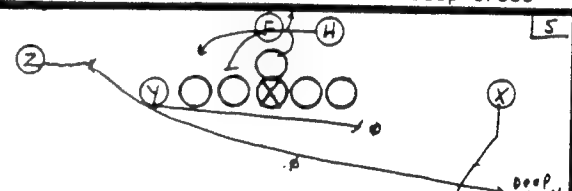
Far L - 78 Corner 906



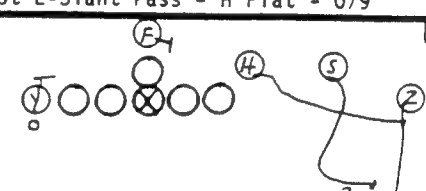
SP-L - Dive Pass-H Flat-904-Y Deep Cross



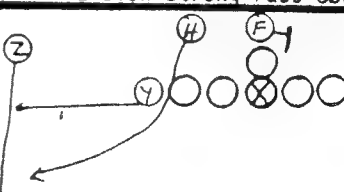
Far Slot L-Slant Pass - H Flat - 079



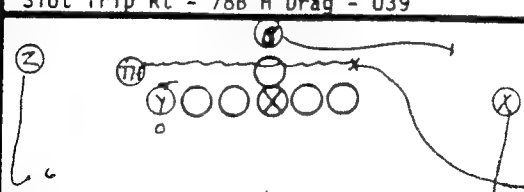
Far L-Flow Strong Pass-800-Z Deep Cross



Slot Trip Rt - 788 H Drag - 039

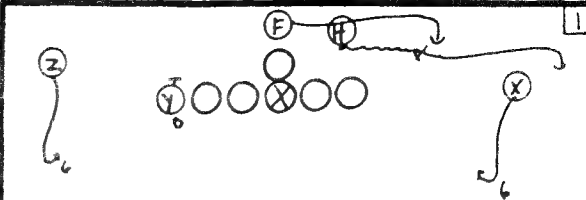


Near L - 60 Corner 819

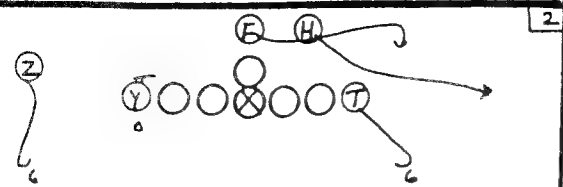


White Trip L-TH COM-78 Corner - 906

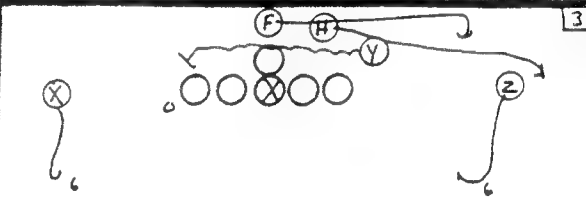
EXAMPLES OF LAYERED PATTERNS



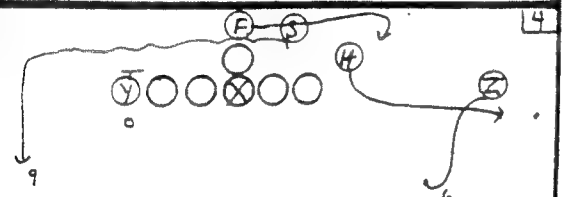
Far L - H Peel DBL - 78 Drag - 606



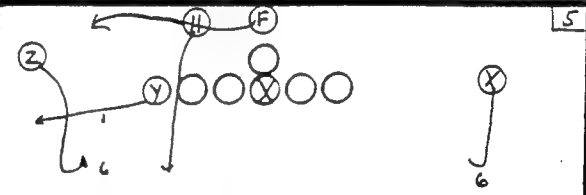
Green Far L Tite - 78 Shoot 606



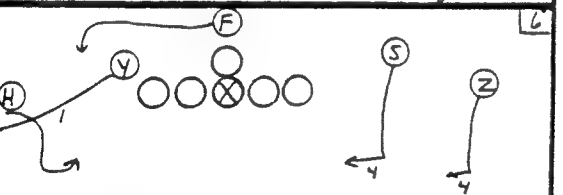
Near Rt - Y COM 78 Swing - 606



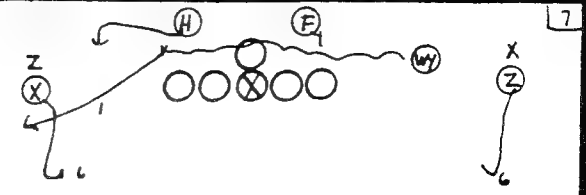
Slot Trips RT Slot BF-Slot COM 78 Drag 609



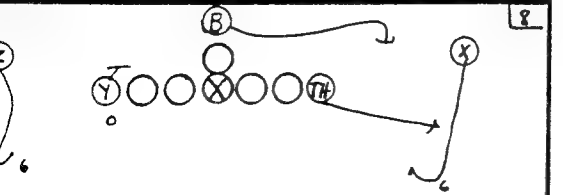
Near L - 68 Go - 616



Slot DBL RT - 68 H Curl 144

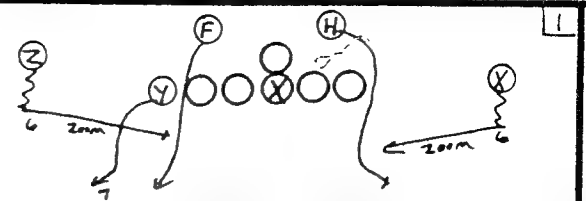


Orange-SP-RT Flex-WY COM - 60 Swing 616

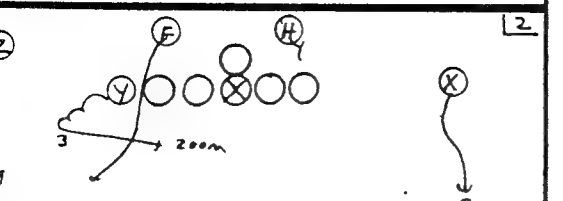


White DBL 1 - 78 TH Drag 606

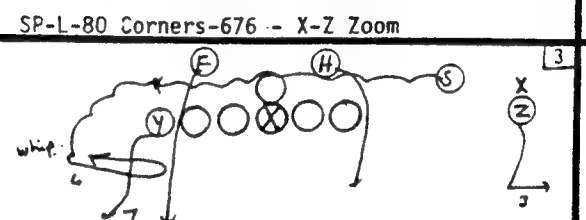
EXAMPLES OF ZOOM PATTERNS



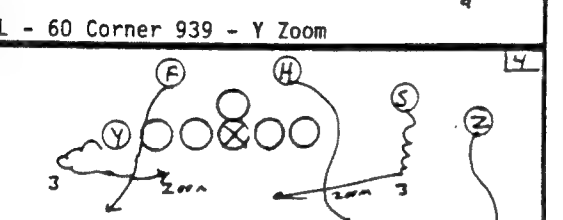
SP-L-80 Corners-676 - X-Z Zoom



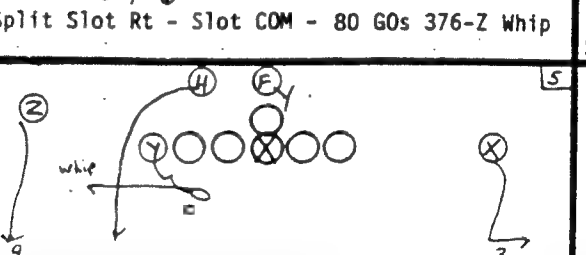
SP-L - 60 Corner 939 - Y Zoom



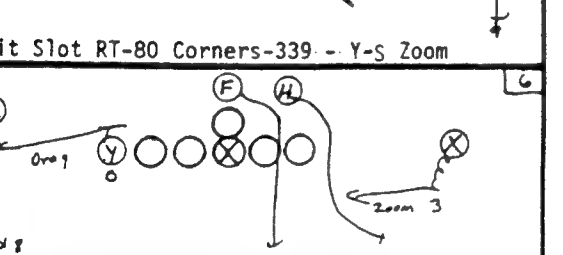
Split Slot Rt - Slot COM - 80 GOs 376-Z Whip



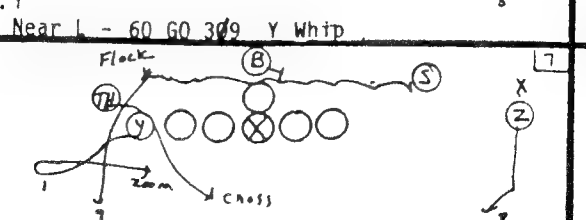
Split Slot RT-80 Corners-339 - Y-S Zoom



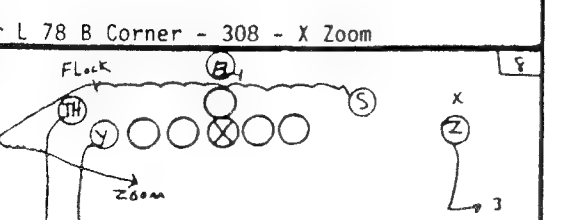
Near L - 60 GO 379 Y Whip



Far L 78 B Corner - 308 - X Zoom



White SL DBL - S COM - 60 TH Cross 819 Y Zoom



White SL DBL-60 TH Go 391 - Z Zoom

NINE WAYS TO FORCE FUMBLES

1. JAM YOUR HEAD GEAR INTO THE BALL as you make the tackle. Even if you do not accomplish your objective, you are still in good position to bring the runner down.
2. If you are the second or third man in on a tackle, GO FOR THE FOOTBALL. This applies when the first tackler has stopped his momentum.
3. If you are being contained by a blocker and cannot get a good shot at the runner, reach out for the ball with both hands. ACTUALLY TACKLE THE FOOTBALL WITH BOTH HANDS.
4. If you are approaching the runner FROM BEHIND AND TACKLING HIM HIGH you can sometimes PUNCH THE BALL LOOSE.
5. If you are approaching the runner from behind and you are the second or third man, GO FOR THE ELBOW. A lifting action on the elbow will sometimes force the runner to fumble. The ball carrier cannot retain the football with a lifting movement on the elbow.
6. When rushing the Quarterback, GO FOR HIS PASSING ARM AND SLAP AT THE FOOTBALL. This is effective when he is back pedaling. Linebackers who get in quickly are in good position to slap at the ball.
7. Keep in mind the BALL CARRIERS AND RECEIVERS WHO ARE APT TO FUMBLE. Try to know the characteristics of each. By way of illustration, a runner who is the type that spins, pivots, and twists a lot is the type who leaves himself open to allow you to force a fumble.
8. The best method of all to force fumbles is to GANG TACKLE. Hitting a runner from different angles will often dislodge the football. In addition, it will take something out of the runner.
9. There are times when deep backs can force fumbles due to the type of pass thrown. A technique that is very effective is to SLAP AT THE BALL BEFORE THE RECEIVER CAN PUT IT AWAY. Many times he will drop the ball, of course, This could be ruled an incomplete pass. There are times when the official will rule the pass complete and then a fumble. Try this in practice against our own offensive receivers.
10. Get ball.

2 MINUTE DEFENSE

IMPORTANT RULES (TEAM CAPTAINS MUST KNOW!)

CLOCK STARTS WITH REFEREE'S SIGNAL:

MEASUREMENT FOR FIRST DOWN.
PASSER SACKED BEHIND L.O.S.
LATERAL PASS THAT GOES OUT OF BOUNDS.
ANY DELAY NOT CAUSED BY EITHER TEAM.
ALL EXCESS (MORE THAN 3) TIME-OUTS.

CLOCK STARTS ON CENTER SNAP:

INCOMPLETE PASS.
RUNNER OR RECEIVER OUT OF BOUNDS.
A FOUL.
CHANGE OF POSSESSION.
AFTER A TIME-OUT.
AFTER TWO (2) MINUTE WARNING.

BEFORE LAST TWO (2) MINUTES OF EACH HALF:

A TEAM IS PERMITTED THREE (3) TIME-OUTS, BUT CAN BUY EXCESS TIME-OUTS WITH A FIVE (5) YARD PENALTY. IF A PLAYER IS INJURED, AND THE INJURED PLAYER IS REMOVED FROM THE GAME, NO TIME-OUT IS CHARGED. IF INJURED PLAYER REMAINS IN GAME, A TIME-OUT IS CHARGED.

DURING LAST TWO (2) MINUTES OF EACH HALF:

TIME-OUTS IN EXCESS OF THREE (3) ARE NOT PERMITTED. IF ALL THREE (3) TIME-OUTS HAVE BEEN USED AND A PLAYER IS INJURED, THE CLOCK IS STOPPED, THE INJURED PLAYER MUST BE REMOVED:

- A. IF THE TEAM IS AHEAD, NO PENALTY. CLOCK STARTS ON REFEREE'S READY SIGNAL.
- B. IF SCORE IS TIED OR TEAM IS BEHIND, A TEN (10) SECOND PENALTY IS ASSESSED. HALF OR GAME MAY END. ANY SUBSEQUENT TIME-OUT TO REMOVE AN INJURED PLAYER IS PENALIZED TEN (10) SECONDS AND FIVE (5) YARDS BEFORE THE SNAP IS PERMITTED.

C.P.: WITH SECONDS REMAINING IN HALF OR GAME, IF OPPONENTS FAIR CATCH OUR PUNT AND ATTEMPT A FIELD GOAL (FREE - KICK), DEFENSIVE TEAM WILL HUDDLE IN THE CORNER OF THE END ZONE TO OUR SIDE OF THE FIELD. (ABSOLUTELY NO RETURN ATTEMPT!)

2 MINUTE DEFENSE - CONTINUED

KNOW HOW TO SAVE TIME (WHEN BEHIND IN SCORE):

DO NOT FOUL!

WHENEVER POSSIBLE, KNOCK BC OUT OF BOUNDS.

TACKLE THE BALL. TRY TO CAUSE A FUMBLE.

WHEN TIME-OUTS MUST BE CALLED, DO SO IMMEDIATELY AFTER BALL IS BLOWN DEAD.

CALL TIME-OUTS ONLY WHEN CLOCK IS RUNNING.

WHEN ONLY A FEW SECONDS REMAIN IN HALF OR GAME AND A FIELD GOAL IS A POSSIBILITY, FAIR CATCH PUNT GIVING US A FREE KICK OPPORTUNITY.

USE WHEN FIELD GOAL WILL WIN OR TIE:

CALLING TIME-OUTS BEFORE 2 MINUTE WARNING (SAVE ONE).

WITH APPROXIMATELY 2 MINUTES 30 SECONDS IN HALF OR GAME, CALL TIME-OUT AFTER FIRST AND SECOND DOWN PLAYS. AFTER 3RD DOWN PLAY, LET CLOCK RUN TO 2 MINUTE WARNING (CLOCK STOPS). ON SUBSEQUENT PUNT, CLOCK STOPS ON CHANGE OF POSSESSION. THIS GIVES BALL TO OFFENSE, ONE (1) TIME OUT.

USE WHEN TD NEEDED TO WIN OR TIE:

CALLING TIME-OUTS BEFORE 2 MINUTE WARNING (USE ALL THREE (3)).

WITH APPROXIMATELY 2 MINUTES 45 SECONDS IN HALF OR GAME, CALL TIME-OUT QUICKLY AFTER FIRST, SECOND, AND THIRD DOWN PLAYS. THESE THREE (3) PLAYS SHOULD USE ABOUT 15 SECONDS. ON SUBSEQUENT PUNT, CLOCK STOPS ON CHANGE OF POSSESSION. THIS GIVES BALL TO OFFENSE WITH NO TIME-OUTS BUT WITH 2 MINUTE WARNING AS BONUS TIME-OUT.

KNOW HOW TO USE TIME (WHEN AHEAD IN SCORE):

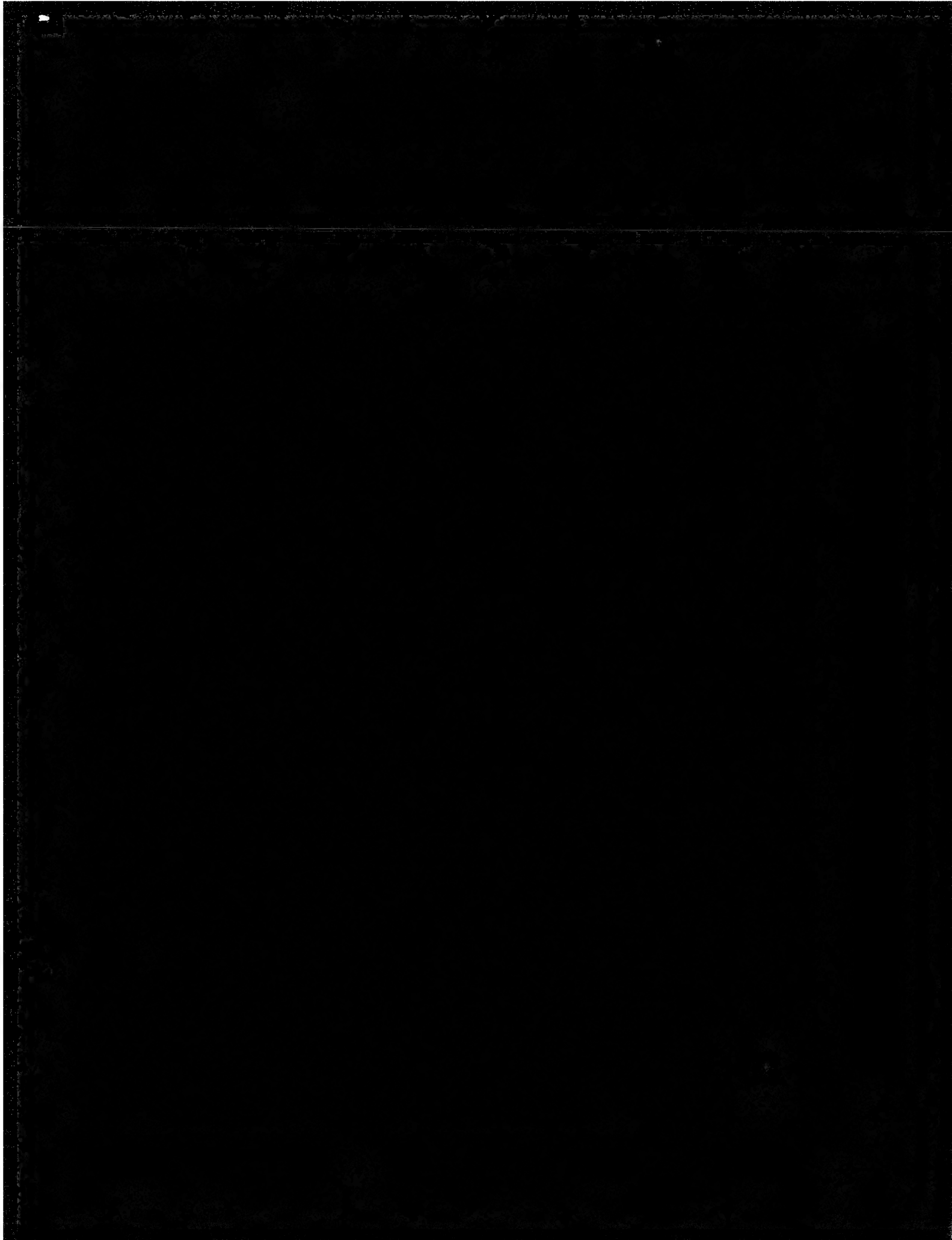
DO NOT FOUL!

KEEP THE BC IN BOUNDS.

BE DELIBERATE (NOT SLOW) IN UNPILING AND MOVING TO THE L.O.S. BUT DO NOT BE SO SLOW AS TO HAVE REFEREE PENALIZE US FOR DELAY OF GAME. (78 RULE CHANGE)

DO NOT CALL TIME OUT.

C.P.: IF OPPONENTS ALIGN IN PUNT FORMATION ON 4TH DOWN, WE MAY KEEP DEFENSIVE TEAM IN GAME. LET THE BALL ROLL DEAD! (NO PUNT RETURN). ALL DEFENSIVE PERSONNEL STAY AWAY FROM THE BALL!



PATRIOT FRONTS

This outline will give you an overall picture of our multiple front system.

- A. First 30 or word indicates front configuration.
- B. If "Special" is called with the front - indicates shooting LB is in 3 pt.
- C. If "Bandit Shoot" is called - indicates a designated LB will go to the shoot LB position.
- D. If "Set" is called with the front - indicates no shifts and we line up in front called.

I. 3 Man Rush - No Backer Shoot

30 Base - 30 Pinch - 30 Rush - 30 Deals

II. 4 Man Rush - One Backer Shoot

SAM SHOOT

30 Sam Shoot - Jam - Pinch - Out - Angle
Rush - Dope (Jam or Pinch)

Gap Sam Shoot - Gap - Ox - Angle

Gap Weak Sam Shoot - Jam - Pinch - Out -
Angle - Stack

Dbl Gap Sam Shoot - Dbl Gap - Ox - Angle

Dbl Gap Slide Sam Shoot

Under Sam Shoot - Normal - T Pinch
Dbl Pinch - Blast

Stack Sam Shoot

Viking Sam Shoot - Normal - T Pinch
Dbl Pinch - Sex

**Some of above shoots will be called in Rip-Liz system

"Liz" = OLB Shoot left side (Sam or Will) "Rip" = OLB Shoot Right Side (Sam or Will)

ZIP SHOOT

30 Zip Shoot - Normal - Tuff - Gut

Dbl Gap Zip Shoot

Under Zip Shoot - Normal - T Pinch
Dbl Pinch - Blast

Stack Zip Shoot - Normal - Gut

Viking Zip Shoot - Normal - T Pinch
Dbl Pinch - Blast

**Also Zip-Mike Combo can be called on LOS

WILL SHOOT

30 Will Shoot - Normal - Angle - Dope - Rush

Gap Will Shoot - Gap - Slap - Nix - Angle

Gap Strong Will Shoot - Normal - Angle

Dbl Gap Will Shoot - Normal - Angle

Dbl Gap Slide Will Shoot

Over Will Shoot - Normal - T Pinch - Dbl Pinch
Sex - Blast

Gerenimo Will Shoot

Lion Will Shoot

Viking Will Shoot - Normal - T Pinch - Dbl Pinch
Sex

MIKE SHOOT

30 Mike Shoot - Normal - Tuff

Dbl Gap Mike Shoot

Over Mike Shoot - Normal - T Pinch - Dbl Pinch
Blast

Lion Mike Shoot

Viking Mike Shoot - Normal - T Pinch - Dbl Pinch
Blast

Gap Inside Mike Shoot

III. Cougar Fronts - 4 Man Rush - 3 Man Rush

Cougar - Normal - Pinch - Dbl Pinch - Tango - Rush - Deals - Dbl Angle - Dbl Angle Deals
Wide - Wide Dbl Angle

Heavy - Normal - Pinch - Dope - All Pinch - Rush - Deals - Angle

30 - Base - Pinch. Rush - Deals - Sam Shoots - (Jam - Pinch - Out - Dope)
Chris Shoot - Brown Shoot

IV. XX Fronts - 4 Man Rush - 3 Man Rush

42 - Base - Pinch - Sneak - Run Deals - Rush-Deals - Angle - Load (Rush-Deals) Joker

Heavy - Base - Ox - Run Deals - Rush-Deals - Angle

30 - Base - Rush - Deals - Hawkeye Shoots (Inside-Outside)

V. Special Front

4-4 (4 Def linemen - 4 LBs vs. Black-Green)

Base - Tackles Pinch - All Pinch - Heavy

1991 FRONTS VS. RUNS

FRONT	ATT.	YDG.	AVG.	LONGEST RUN	AVG. WITHOUT LONGEST	% 3 YDS OR LESS	TD
30 NO SHOOT	7	+53	7.6	+21	5.3	1 OF 7 <u>14%</u>	0
SAM SHOOT	74	+208	2.8	+31	2.4	49 OF 74 <u>66%</u>	1
ZIP SHOOT	6	+13	2.1	+4	1.8	4 OF 10 6 <u>67%</u>	0
MIKE SHOOT	10	+61	6.1	+15	5.1	4 OF 10 <u>40%</u>	0
VIKING ZIP-MIKE SHOOT	26	+61	2.3	+13	1.9	18 OF 26 <u>69%</u>	0
WILL SHOOT	45	+190	4.2	+14	4.0	19 OF 45 <u>42%</u>	0
GERENIMO WILL SHOOT	29	+84	2.9	+12	2.6	17 OF 29 <u>62%</u>	0
TOTAL 30 FRONT	197	+670	3.4	+31	3.3	112 OF 197 <u>57%</u>	1
COUGAR FRONT	127	+443	3.5	+27 +22 +22	3.0	80 OF 127 <u>63%</u>	0
XX FRONT	39	+271	6.9	+26 +27 +23	5.4	16 OF 39 <u>41%</u>	0

TERMINOLOGY PERTAINS RUN GAME & RUN FRONTS

<u>TREE OF BLOCKS</u>	- Reading of primary blocker and progression blocks of primary blocker
<u>PRIMARY BLOCKER</u>	- Man you are lined up on or charging to and who you are keying on
<u>SECONDARY BLOCKER</u>	- Someone other than primary blocker, blocking you
<u>"SHIFT"</u>	- Call at LOS which moves our front prior to the snap
<u>"GERINIMO"</u>	- call at LOS changes alignment for Line and LBs vs. certain formations, with Cover 4 or 2-4
<u>"POWER"</u>	- Call at LOS that changes a pass front to a run front
<u>"BASE"</u>	- Call at LOS that puts everyone back to Base position and charges
<u>"HURRICANE"</u>	- Call at LOS that changes our front to a pass rush - used vs. high % pass formations.
<u>"RAMBO"</u>	- Call at LOS when in XX defenses that puts us in run front of the week - used vs. high % run formations
<u>"BANG"</u>	- Call at LOS to change front assignments and responsibilities vs. Pending Wham Block on Nose
<u>BUBBLE</u>	- Area of defensive front where we have no defensive linemen
<u>SPECIAL</u>	- When used with a front call indicates shooting LB in 3 pt.
<u>TWO GAP</u>	- Hit blocker square - shed and go either way
<u>BLAST</u>	- Aggressive, read on the move charge by linemen over Guards in Even Fronts
<u>HOLD POINT</u>	- Anti-collapse vs. double team block - don't get moved from your area
<u>RICOCHET</u>	- If your charge is in opposite direction of play - push off blocker to help change your direction
<u>RETRACE</u>	- Stop penetration vs. Draw - get back to LOS to squeeze hole
<u>FOLD BACK</u>	- OLBs pursuing on the defensive side of LOS looking for cutbacks and inside plays prior to cross field pursuit

BALANCE THE RUSH

FILL

PLUG

SHUFFLE

SLAP

WALLOP

HALF MAN

SEX

CRAB

OSSIE

CRASH

EAST-WEST

BANDIT

JAM SHOOT

PINCH SHOOT

ANGLE SHOOT

THROW OFF PINCH

STUFF PINCH

READ PINCH

- Inside pass rushers read outside pass rushers and possibly replace lane responsibility.
- First man inside force man
- Stepping up and plugging your hole vs. runs
- Technique of not crossing feet while moving laterally
- Nose Tackle Charge Strong
- Nose Tackle Charge Weak
- Technique by Nose Tackle vs. release block. Keep Center from releasing on LB
- Run stunt by lineman over Guards on Even Front. Strg Tackle inside-Weak Tackle read flow and cross behind
- Linemen when shifting keeping ground contact with hands
- One man moving laterally to a charge area prior to snap. Can be moving or set on snap. Use Crab technique
- Penetrating charge by lineman. Usually a Gap charge.
- Even man line pass rush direction
East = Left West = Right
One man Qk rush - other man Power rush
- A designated LB shooting from other than his normal position - other LBs adjust
- Shooting LB using a two hand stuff on the move. Read tree of blocks and delay pass rush
- Shooting LB charges inside a blocker to the tackle. Read on move.
- OLB aligned $1\frac{1}{2}$ yds outside blockers using a squeeze charge - read on move. Possible Special.
- When recognize outside play stop pinch & throw TE to inside and get play behind TE.
- OLB aligned wider so on your shoot you are behind a TE down block and stuff first pulling lineman
- OLB when doing a pinch shoot and TE is blocking you - turn into TE so the corner is not collapsed.

"SWAP"

- Exchanging assignment on a Shoot from an OLB to an InLB

"SWAP-SWAP"

READ SWAP

- Exchanging swap back to original OLB
An InLB carries out swap only on flow your way or dropback pass

TRUE SWAP

- An InLB carries out swap regardless of action

ARROW SWAP

- An InLB doing a straight ahead "Swap" charge over G or T

READ BAIT

- Reading power back through offensive lineman who are using Bait blocks

RUN THROUGH

- An InLB vs. pulling linemen, read Shoot the gap in front of you for penetration vs. sweeps

KC TECHNIQUE

- InLB on flow away check your hole responsibility prior to pursuit . Protect vs. cutback

SLIP CLUB

- LBs when in pursuit and offensive lineman is trying to cut you off, use inside forearm rip and outside arm to club as you get past this blocker

POSITION DRIVE

- A drive blocker vs. a Bubble LB who is also trying to gain inside or outside position

BACKFIELD FLOW TREE

- A LB now is keying backfield action instead of offensive line for run responsibility

"MAYDAY"

- Call at LOS that eliminates any 30 front called and puts us in 30 Base

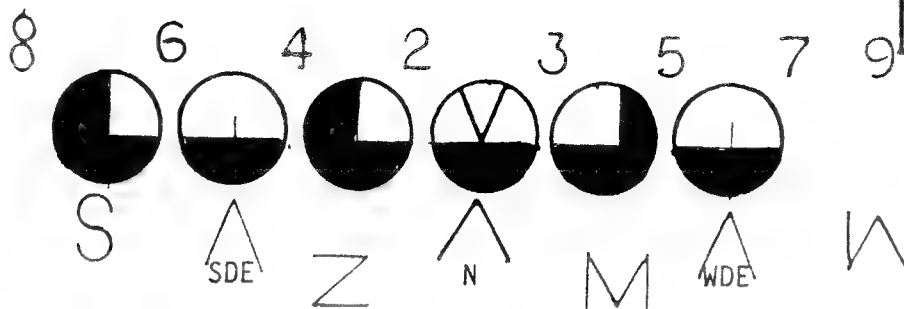
CAGE

- Outside pass rusher keep QB in pocket

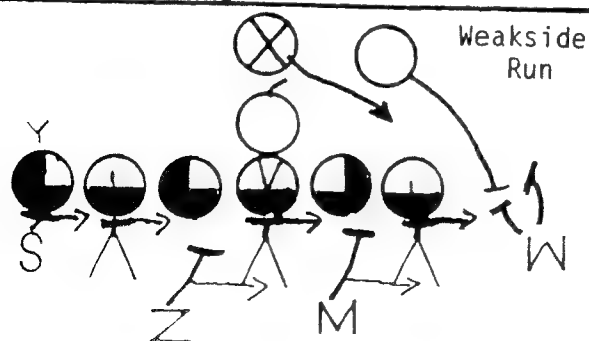
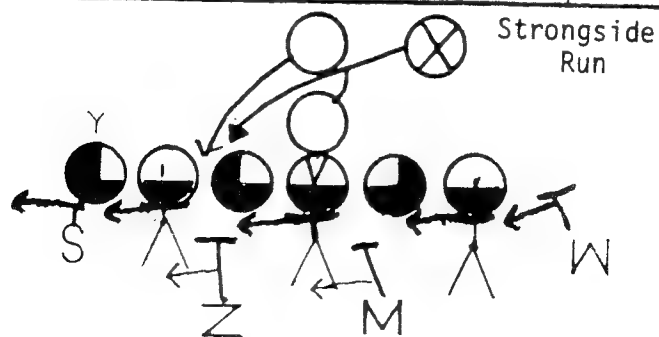
"TOM-JERRY"

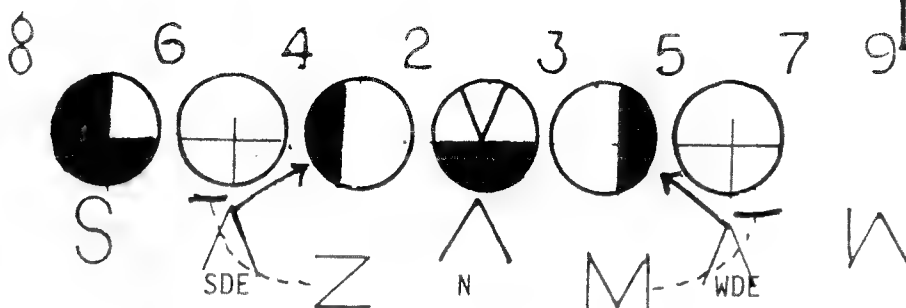
- Call at LOS to indicate which way we are going to work 30 Deals

Tom = Left Jerry = Right

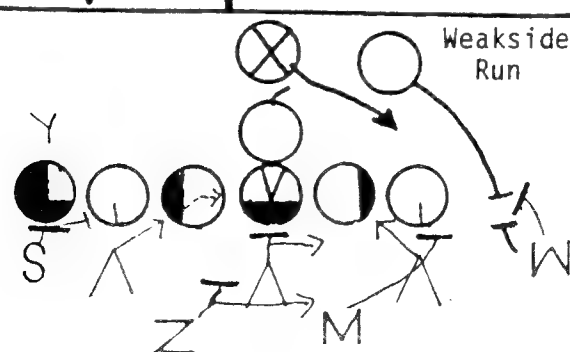
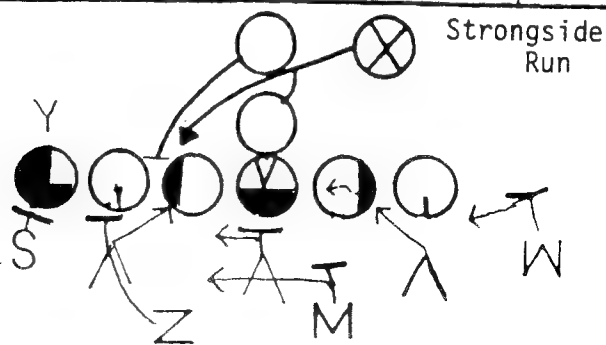


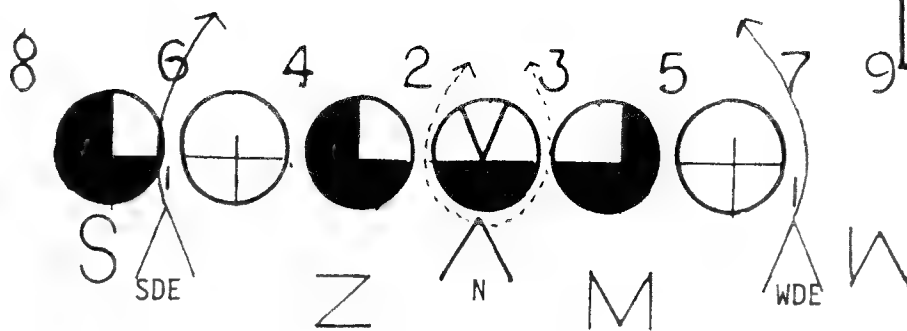
	POS CHRG	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SDE	0 Base	Tackle Tree	6 Cutback	Squeeze 4 Pursuit	6	
NOSE	0 Base	Center Tree	2 Pursuit	3 Pursuit	2-3	G.P.: Weak X-change pass rush
WDE	0 Base	Tackle Tree	Squeeze 5 Pursuit	7 Cutback	7	G.P.: Weak X-change pass rush
SAM (S)	Base None	Y (TE) Tree	6 to 8 Fill	Squeeze 6 Pursuit (Variation)	None	Cover call can change alignment and responsi- bility.
WILL (W)	Base None	Weak Side Tree	Squeeze 7 Pursuit (Variations)	7 to 9 Fill to Force	None	Cover call can change alignment & responsibility
ZIP (Z)	Base None	Interior Tree (G)	4 Plug Pursuit	2 Pursuit	None	Possible K.C. technique on flow wk. (cog - cutback)
MIKE (M)	Base None	Interior Tree (G)	3 Pursuit	5 Plug Pursuit	None	Possible K.C. technique on flow st. (cog - cutback)





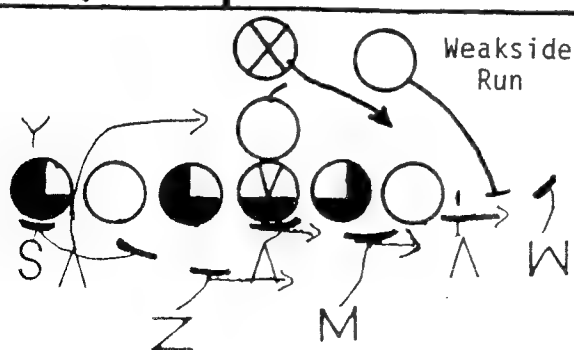
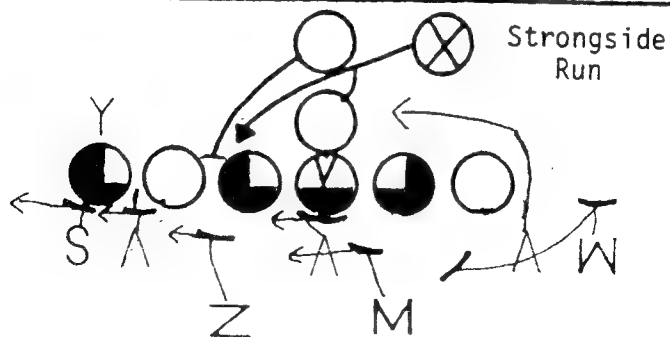
	POS CHRG	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SDE	0 Pinch	Guard Tree	4 Chase - Ricochet	4 Chase	4 to Cage	<u>Also:</u> Punch Charge Ossie
NOSE	0 Base	Center Tree	2 Pursuit	3 Pursuit	7	<u>Automatic</u> weak X-change - dropback or weak play action
WDE	0 Pinch	Guard Tree	5 Chase	5 Chase - Ricochet	2-3	<u>Also:</u> Punch Charge, Ossie <u>Automatic</u> Weak X-change - dropback play action
SAM (S)	Base None	Y (TE) Tree	6 to 8 Fill	Squeeze 6 Pursuit	None	Cover call can change alignment & responsibility
WILL (W)	Base None	Weak Side Tree	Squeeze 7 Late pursuit	7 to 9 Fill to Force	None	Cover call can change alignment & responsibility
ZIP (Z)	Base None	Back Flow to G-T	6-8 Scrape Cutback	2 Quick Pursuit	None	Block out - no scrapestrg or No Quick Pursuit Wk
MIKE (M)	Base None	Back Flow to G-T	3 Quick Pursuit	7-9 Cutback	None	Block Out - No scrape wk or No Quick Pursuit Strg.

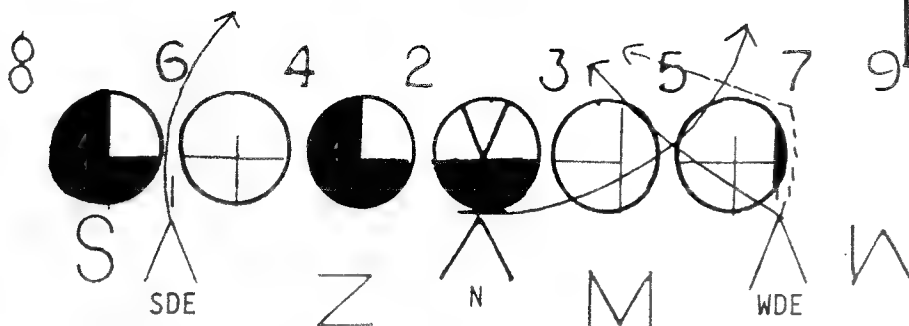




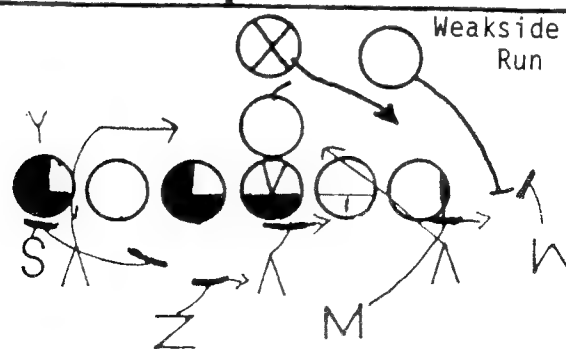
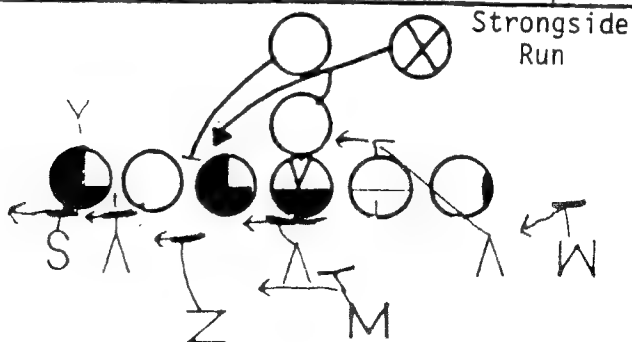
30 RUSH

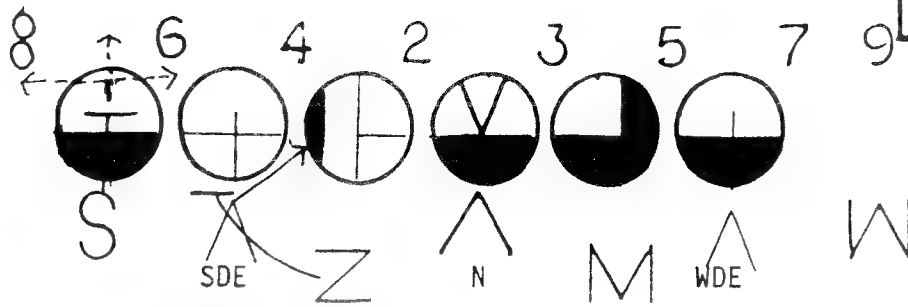
	POS CHARGE	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINT
			STRONG	WEAK		
SDE	5 Rush	Tackle Guard Back	6 Cutback	Squeeze 4 Read Chase	6	Pass Rush and react to all runs
NOSE	0 Base	Center Guard Back	2 Pursuit	3 Pursuit	2-3	G.P. - Rush lane G.P. - Read Weak X-change
WDE	5 Rush	Tackle Guard Back	Squeeze 5 Read Chase	7 Cutback	7	Pass Rush and react to all runs G.P. - Read Weak X-change
SAM (S)	Base None	Y (TE) Tree	6 to 8 Fill	Squeeze 6 Fold Pursuit	None	Be alert for fold back
WILL (W)	Base None	Weak Side Tree	Squeeze 7 Late Pursuit	9 to 7 Force	None	Be alert for fold back
ZIP (Z)	Base None	Int. Tree	4 Plug Pursuit	2 Pursuit	None	Must attack the offense lineman across the L.O.S. on Draws K.C. Tech on Flow Wk
MIKE (M)	Base None	Int. Tree	3 Pursuit	5 Plug Pursuit	None	Must attack the offense lineman across the L.O.S. on Draws. K.C. Tech on Flow Strg



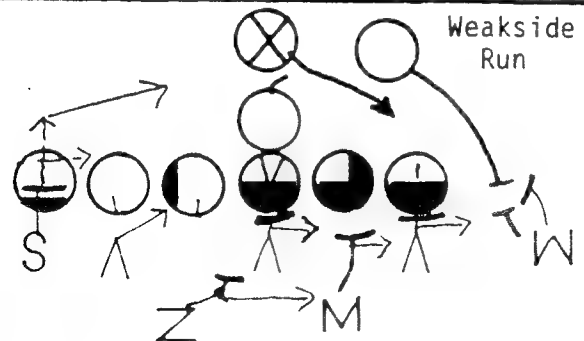
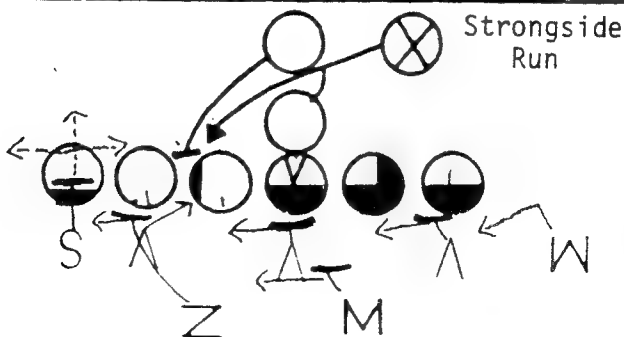


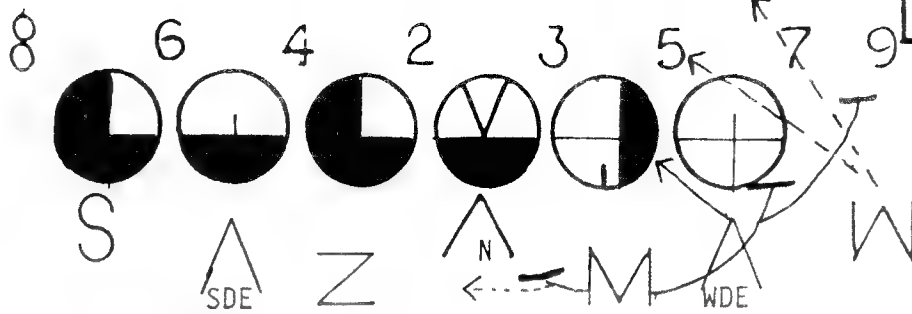
	POS. CHARGE	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINT
			STRONG	WEAK		
SDE	5 Rush	Tackle Guard Back	6 Cutback	Squeeze 4 Read Chase	6	G.P.: Strong X-change
NOSE	0 Loop to 7	Center Guard Back	2 Pursuit	3 Pursuit	7 Cage	G.P.: Quick or delay loop. React to all runs
WDE	3-5 Qk. or Delay Hook	Tackle Guard Back	5 Chase	5 Chase	2-3	G.P.: If Delay - run hole responsibility is 7 to 5.
SAM (S)	Base None	Y (TE) Tree	6 to 8 Fill	Squeeze 6 Fold Pursuit	None	Alert for fold back
WILL (W)	Base None	Weak Side Tree	Squeeze 7 Late Pursuit	9 to 7 Fill to Force	None	Cover call can change alignment and responsibility.
ZIP (Z)	Base None	Int. Tree	4 Plug Pursuit	2 Pursuit	None	G.P.: If strong X-change Scrape/Quick pursuit K.C. Tech on Flow Wk
MIKE (M)	Base None	Int. Tree	3 Quick Pursuit	7-9 Scrape Cutback	None	G.P.: If strong X-change 30 rush your side. K.C. Tech. on Flow St on strong x-change





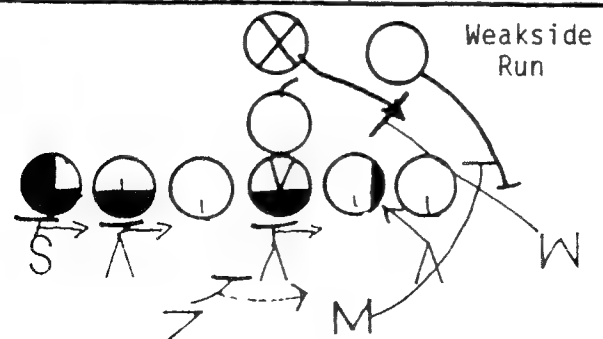
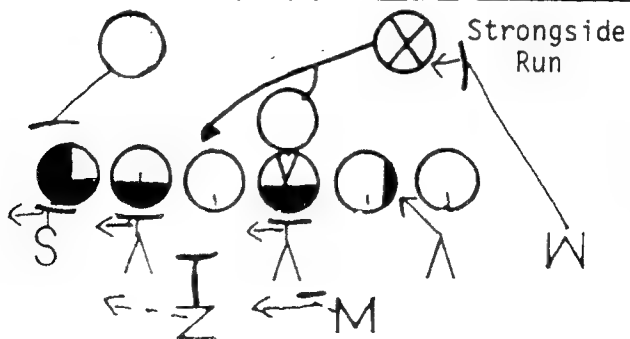
	POS. CHARGE	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SDE	0 Pinch	Guard Tree	4 Chase	4 Chase	4-2	G.P.: Possible Punch Possible Ossie
NOSE	0 Base	Center Tree	2 Pursuit	3 Pursuit	Read	Nose work to balance rush
WDE	0 Base	Tackle Tree	Squeeze 5 Pursuit	7 Cutback	7	
SAM (S)	Base	Y (TE) Tree	6 to 8 Fill	Squeeze 6 Read Chase	Cage	Read TE (Y) Tree of blocks on the move
WILL (W)	Base	Weak Side Tree	Squeeze 7 Late Pursuit	7 - 9 Fill to Force	None	Cover call can change alignment and responsibility
ZIP (Z)	Base None	Back Flow to Tackle Guard	6-8 Scrape Cutback	2 Quick Pursuit	None	Guard Blocks out Tackle No Scrape or Quick Pursuit.
MIKE (M)	Base None	Int. Tree	3 Pursuit	5 Plug Pursuit	None	K.C. Tech. on Flow Strg (cog cutback)





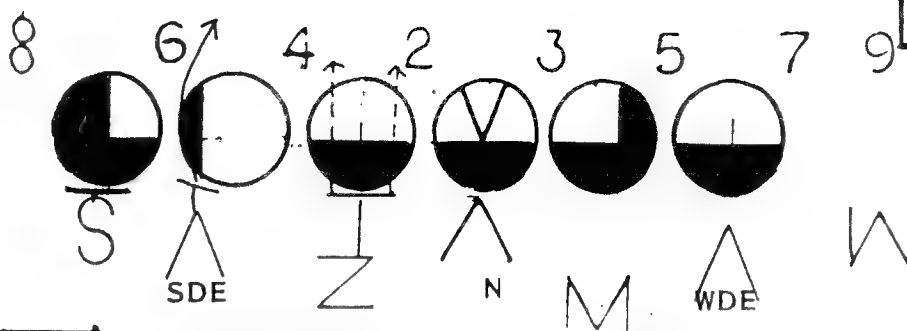
WILL SHOOT

	POS. CHARGE	KEY	RUN RESPONSIBILITY		RUSH LANE	COACHING POINTS:
			STRONG	WEAK		
SDE	0 Base	Tackle Tree	6 ----- Cutback	Squeeze 4 ----- Pursuit	6	
NOSE	0 Base	Center Tree	2 ----- Pursuit	3 ----- Pursuit	Read	Nose work to balance rush
WDE	0 Pinch	Guard Tree	5 ----- Chase	5 ----- Chase-Ricochet	5-3	G.P.: Possible Punch Possible Ossie
SAM (S)	Base None	TE (Y) Tree	6-8 ----- Fill	Squeeze 6 ----- Pursuit	None	G.P.: Cover call can change alignment and responsibility
WILL (W)	Base Squeeze Stuff	Weak Side Tree	7-5 ----- Chase or Quick Chase	9-7-5 ----- Cutback or Force or Cage	Free Rush	1. Read backfield for Stuff or Squeeze 2. Blocker on LOS - use Sam shoots and reads
ZIP (Z)	Base None	Inter Tree (Guard)	4 Plug ----- Pursuit	2 ----- Pursuit	None	K.C. Tech. on Flow Wk (Cog cutback)
MIKE	Base None	Back Flow and T/G	3 ----- Quick Pursuit	7-9 ----- Scrape/Swoop Cutback-Fill- Force	None	1. Know backfield shoot by Will for Scrape or Swoop 2. T-G blk out - No Scrape or Quick Pursuit

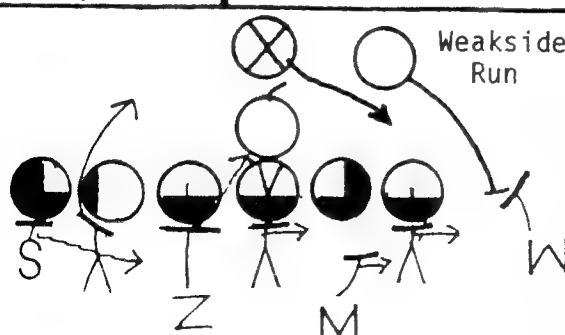
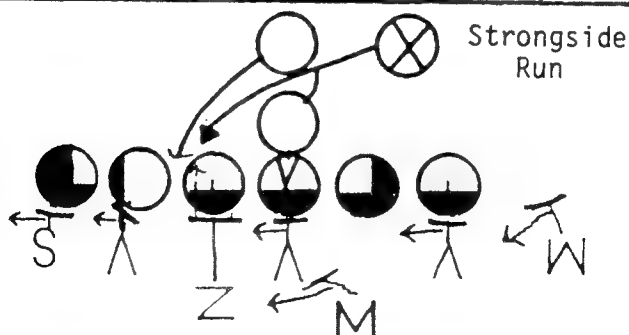


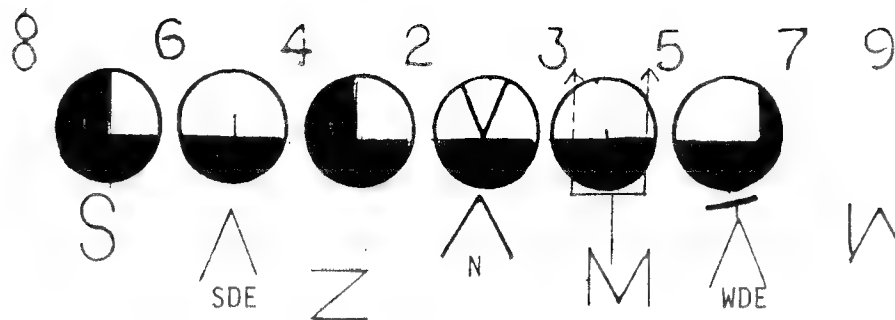
ZIP SHOOT

Also: Special Tuff



	POS. & CHARGE	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SDE	1 Crash	Tackle Tree	6 Cutback	Squeeze 4 Chase	6 Cage	No TE-SDE 1 position Half Ram
NOSE	0 Base	Center Tree	2 Pursuit	3 Pursuit	Read	Nose work to balance rush
WDE	0 Base	Tackle Tree	Squeeze 5 Pursuit	7 Cutback	7 Cage	
SAM (S)	Base None	TE (Y) Tree	6-8 Fill	Fold 6 Pursuit (Variations)	None	G.P.: Cover call can change alignment and responsibility
WILL (W)	Base None	Weak Side Tree	Squeeze 7 Late Pursuit	7-9 Fill or Force	None	G.P.: Cover call can change alignment and responsibility
ZIP (Z)	Base Read G on move	Inter Tree Guard	4 Chase	2 Chase	2-4	1. Free rusher on pass 2. Bang rule is on. 3. GP can change charge 4. Qk count-read before Shoot
MIKE (M)	Base	Inter Tree Guard	3 Pursuit	5 Plug Pursuit	None	K.C. Tech on Flow Strg (Cog cutback)

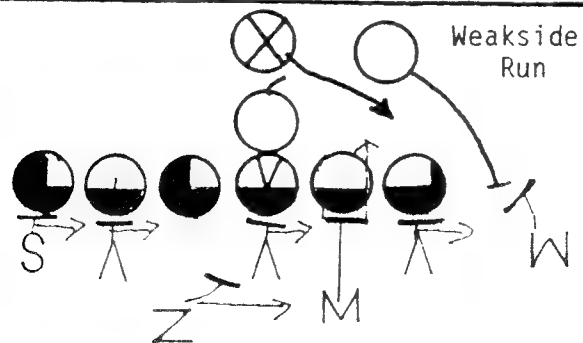
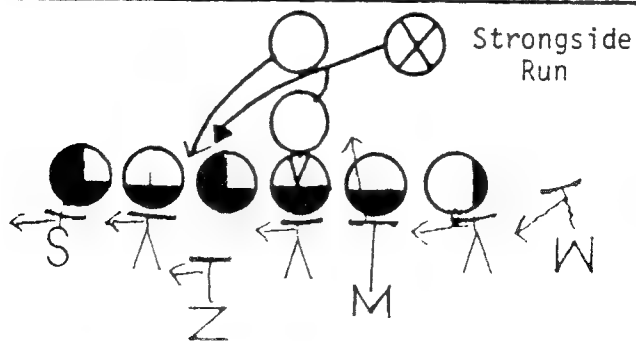




MIKE SHOOT

Also: Special Tuff

	POS. & CHARGE	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SDE	0 Base	Tackle Tree	6 ----- Cutback	Squeeze 4 ----- Pursuit	6	
NOSE	0 Base	Center Tree	2 ----- Pursuit	3 ----- Pursuit	Read	Nose work to balanced rush
WDE	1 Shoulder	Tackle Tree	Squeeze 5 ----- Pursuit	7 ----- Cutback	7	G.P.: Blocker your side crash charge
SAM (S)	Base None	T.E. (Y) Tree	6-8 ----- Fill	Squeeze 6 ----- Pursuit	None	G.P.: Cover call can change alignment and responsibility
WILL (W)	Base None	Weak Side Tree	Squeeze 7 ----- Late Pursuit	7 to 9 ----- Fill to Force	None	G.P.: Cover call can change alignment & responsibility
ZIP (Z)	Base None	Inter. Tree Guard	4 Plug ----- Pursuit	2 ----- Pursuit	None	K.C. Tech vs. Flow Wk (cog cutback)
MIKE (M)	Base Read G on move	Inter. Tree Guard	3 ----- Chase	5 ----- Chase	3-5	1. Free rusher 2. G.P. can change charge 3. Qk Count read before shoot



8 6 4 2 3 5 7 9

COUGAR

COUGAR PINCH



SE



SB



ST



WT

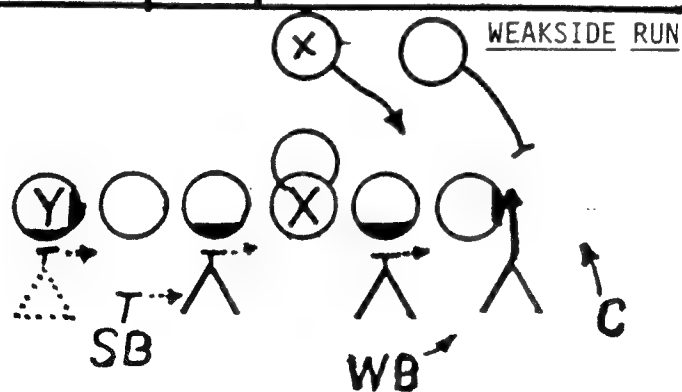
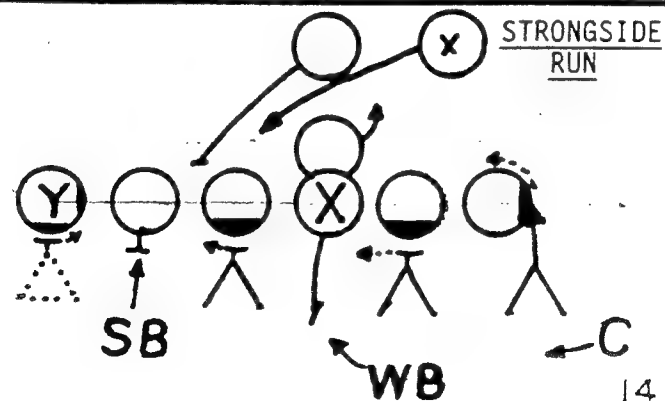
WB



WE

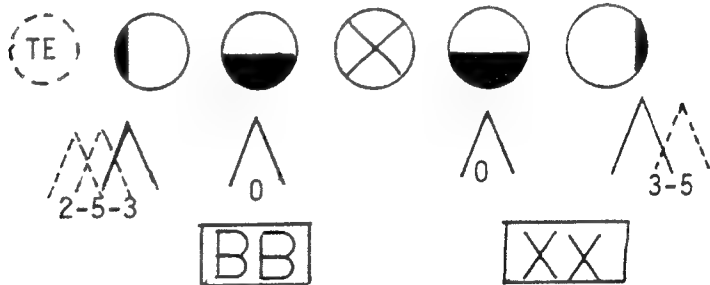
C

	POS CHRG	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SAM END	0 Jam or Pinch	TE Tree	6-8	Squeeze 6	6	No TE: 3 Pos. read T Tree
			Fill	Read Chase	Cage	
S.T.	0 Base	G Tree	2-4	2	E-W to Sam End	
			Pursuit	Pursuit		
W.T.	0 Base	G Tree	3	3-5	E-W to Sam End	
			Pursuit	Pursuit		
WE	3 Half Ram	T Tree	Squeeze 5	7	7	0 Position and Jam charge vs. blocker your side
			Read Chase	Fill	Cage	
SB	Tackle Base None	T Tree	6	Center Base	None	No TE: Stack S.T.
			Cutback	Center Base Pursuit		
WB	Stack WT None	B.F. Flow	Center Base	5	None	TE your side - Tackle Base and Tackle Tree
			Center Base Pursuit	Inside out Cutback		
C (BC)	Varies Cover called None	B.F.	Cover called dictates alignment and run responsibility		None	



- 42 - X -

(1)

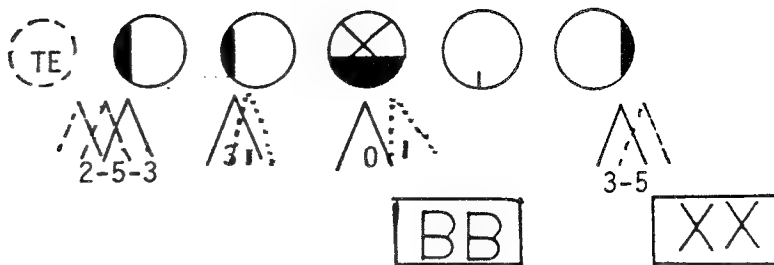


VARIATIONS:

- 1) 42 - Base
 - (a) Pinch
- 2) 42 Run Deals
 - (a) San Diego Tex
 - (b) Isaacs
 - (c) Sex
 - (d) Wax
- 3) 42 Rush
- 4) 42 Deals
- 5) 42 Joker
- 6) 42 Angle
- 7) 42 Load
 - (a) Rush
 - (b) Deals

(2)

- 42 - X - Heavy

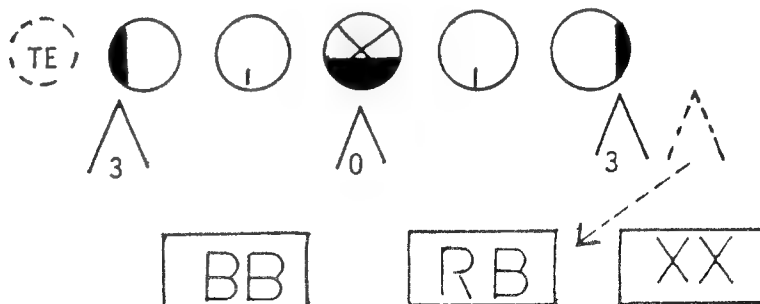


VARIATIONS:

- 1) Heavy Base
- 2) Heavy Run Deals
 - (a) New England
 - (b) Ox
- 3) Heavy Rush
- 4) Heavy Deals
- 5) Angle (Auto, Cock Nose)
 - (a) Rush

(3)

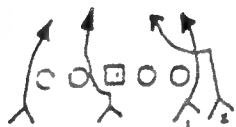
- 30 - X -



VARIATIONS:

- 1) 30 Base
- 2) 30 Rush
- 3) 30 Deals
 - (a) Quick
 - (b) Delay
 - (c) Tom-Jerrys
- 4) 30 Hawkeye Shoots
 - (a) Inside (X)
 - (b) Outside (Switch)
- 5) 30 Joker

DOUBLES:
WIDES



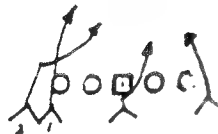
REX

1



2

DOUBLES:
WIDES



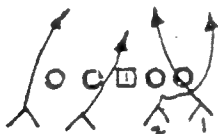
LEX

3



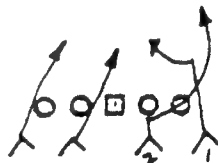
4

DOUBLES:
EVENS



REX CH. QK

5



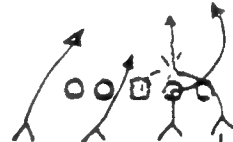
REX CH. DELAY

6



REX CH. GRAB

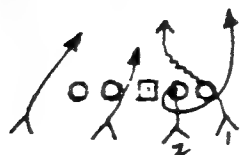
7



REX CH. BLOCK

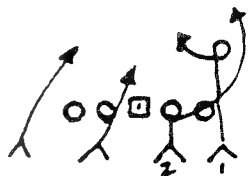
8

DOUBLES:
EVEN



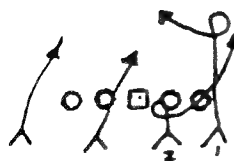
REX CH. GRAB &
BLK, SPIN

9



REX CH. DELAY
SPIN

10



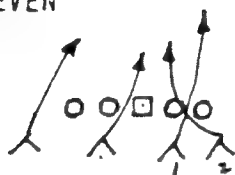
REX CH. DOUBLE
SPIN

11



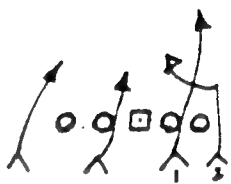
12

DOUBLES:
EVEN



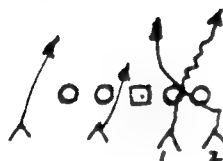
REX QUICK

13



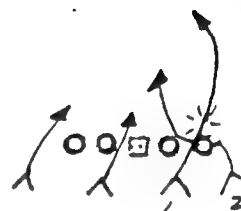
REX DELAY

14



REX GRAB

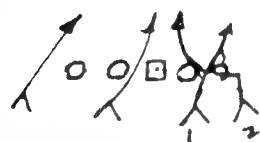
15



REX BLOCK

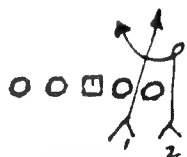
16

DOUBLES:
EVENS



REX PICK

17



REX SPIN

18

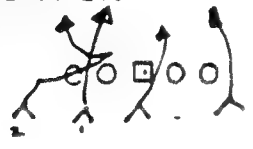


19



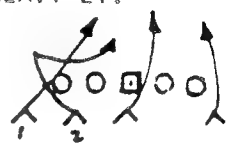
20

DOUBLES: 1
HEAVIES
HEAVY LT.



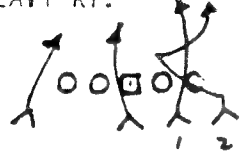
NO DEAL LEX 41

HEAVY LT.



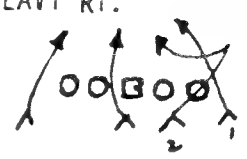
NO DEAL LEX CH. 42

HEAVY RT.



NO DEAL REX 43

HEAVY RT.



NO DEAL REX CH. 44

○ ○ □ ○ ○

○ ○ □ ○ ○

○ ○ □ ○ ○

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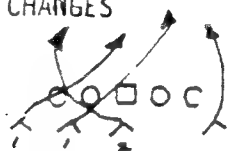
○ ○ □ ○ ○

○ ○ □ ○ ○

○ ○ □ ○ ○

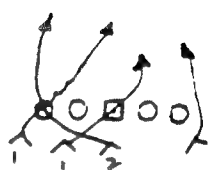
○ ○ □ ○ ○

TRIPLES:
HEAVY LEFT,
X CHANGES



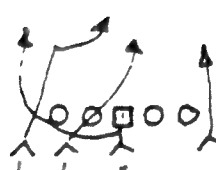
TRIPLE LEX CH.
QK

1



TRIPLE LEX CH.
GRAB

2



TRIPLE LEX CH.
DELAY

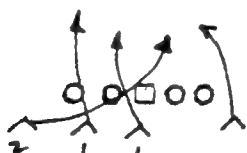
3



TRIPLE LEX CH.
POWER

4

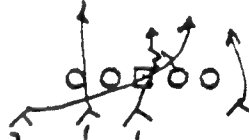
TRIPLES:
HEAVY LEFT, X'S



TRIPLE LEX

5

" BLOCK CENTER
GRAB GUARD"



TRIPLE LEX GRAB

6

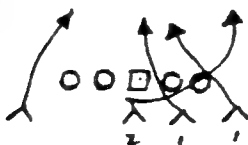


7



8

TRIPLES:
HEAVY RIGHT,
X CHANGES



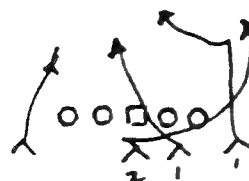
TRIPLE REX CH.
QK

9



TRIPLE REX CH.
GRAB

10



TRIPLE REX CH.
DELAY

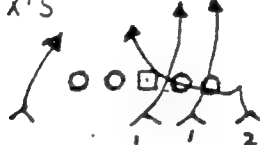
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TRIPLE REX CH.
POWER

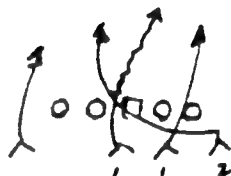
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TRIPLES:
HEAVY RIGHT,
X'S



TRIPLE REX

13



TRIPLE REX GRAB

14

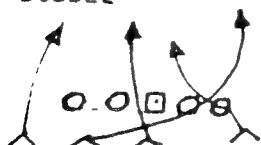


15



16

TRIPLES:
HEAVY LEFT,
BUBBLE



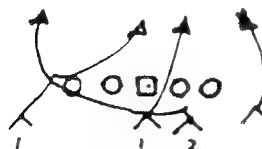
TRIPLE REX CH.

17



18

HEAVY RIGHT,
BUBBLE



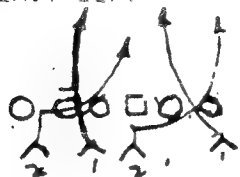
TRIPLE LEX CH.

19



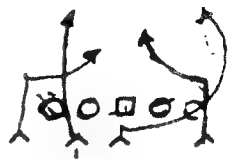
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4 MAN DEALS:
HEAVY LEFT



NEW ENGLAND 1

HEAVY LEFT



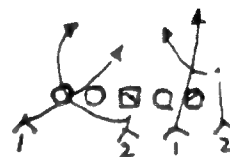
NEW ENG. DELAY 2

HEAVY RIGHT



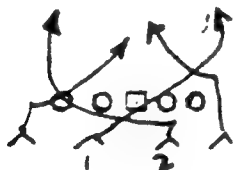
NEW ENGLAND 3

HEAVY RIGHT



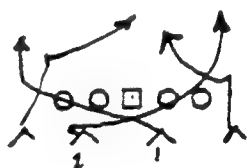
NEW ENG. DELAY 4

4 MAN DEALS:
EVEN



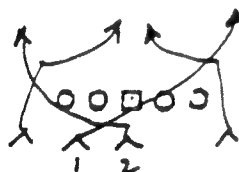
PYRAMID 5

EVEN



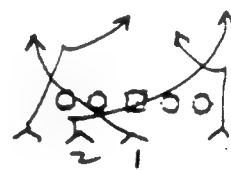
PYRAMID 6

HEAVY LT.



PYRAMID 7

HEAVY LT.



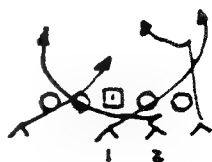
PYRAMID
(NOSE 1ST) 8

4 MAN DEALS:
HEAVY RT.



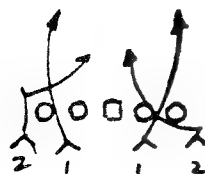
PYRAMID 9

HEAVY RT.



PYRAMID
(NOSE 1ST) 10

EVEN



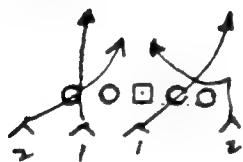
TEX 11

EVEN



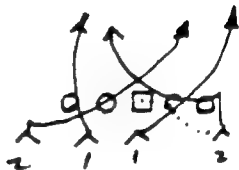
TEX (ENDS CROSS) 12

4 MAN DEALS:
HEAVY LT



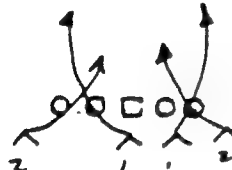
TEX 13

HEAVY LT



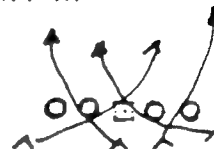
TEX ENDS CROSS 14

HEAVY RT



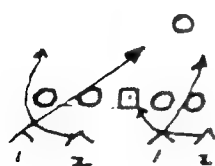
TEX 15

HEAVY RT



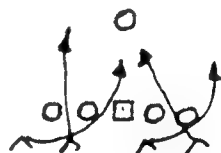
TEX ENDS CROSS 16

4 MAN DEALS:
EVEN



LEFT SAN DIEGO
TEX 17

EVEN



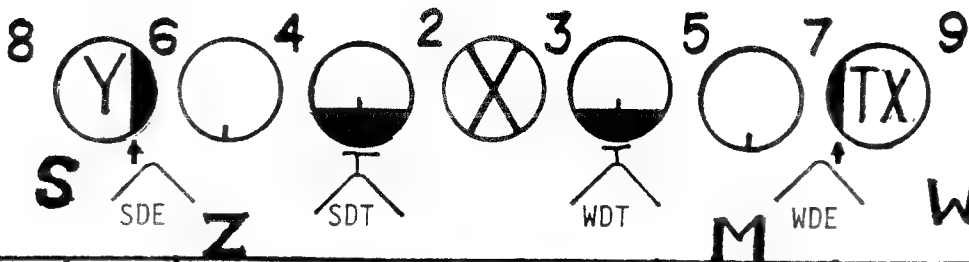
RIGHT SAN DIEGO
TEX 18



19



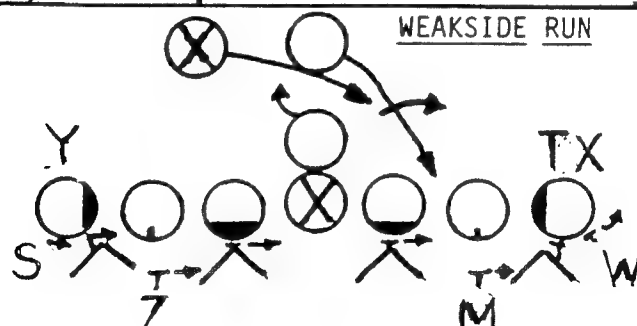
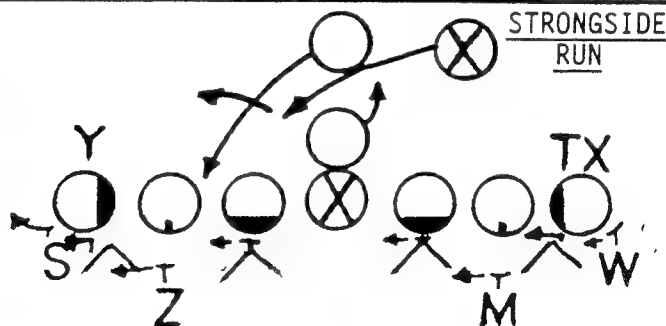
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44 (ZONE)

- Variations
 1. Ts Pinch
 2. All Pinch
 3. Heavy

	POS CHRG	KEY	HOLE RESPONSIBILITY		RUSH LANE	COACHING POINTS
			STRONG	WEAK		
SDE	2 2	TE	6 Cutback	Squeeze 4 Pursuit	6	No TE: 3 pos. on tackle. On "All Pinch" move to 1 pos. If pass, Cage
SDT	0 2 Gap	G	2-4 Pursuit	2 Pursuit	E-W	On Tackle's Pinch (and pass) tackles power Isaacs
WDT	0 2 Gap	G	3 Pursuit	3.5 Pursuit	E-W	Heavy - 1 Position
WDE	2 2	TE	Squeeze 5 Pursuit	7 Cutback	7	Note: 3 Pos. on tackle
S(LOB)	Toss Base None	TE CL Wing	Squeeze 6 Force 8	Stuff Pursuit Pursuit	None	Base Position vs. no receiver outside
W(ROB)	Toss Base None	TE CL Wing	Stuff Pursuit Pursuit	Squeeze 7 Force - 9	None	Base position vs. no receiver outside
Z (LIB)	0 Tackle None	Tackle Tree	Inside Run P.O.A. Fill Cutback	Center Base Center Base Pursuit	None	Possible Stack vs. certain formations
M (RIB)	0 Tackle None	Tackle Tree	Center Base Center Base Pursuit	Inside Run P.O.A. Fill Cutback	None	Possible Stack vs. certain Formations





RUN FORCE

- I. One of the most important elements of a successful run defense is the coordination and execution of Forces vs. run plays at the 6-8 and 7-9 holes. This phase of run defense involves all eleven men. The five elements of the Force System require that all eleven men have definite assignments and techniques. The most important thing to remember is to stay on your feet. To do this, you must be able to maintain eye contact on ball carrier while peripherally seeing and defeating the blocker. A player who is knocked down, tripped up, or loses the ball will create a weakness in our defense that may result in a big play for the offense.
- II. Offensive Terms (Pertain to Run Force)

Perimeter Point - Offensive attack area off tackle or wide in the 6-8 or 7-9 hole.

Force Point - Force point outside a formation where it is desirable for the Force man to get vs. perimeter point plays (usually the numbers).

Arc - Path of a Lead blocker on a perimeter play. This could be a Lead back or a pulling lineman. There are three levels of perimeter point plays. Defensive backs and Linebackers use different techniques for each level.

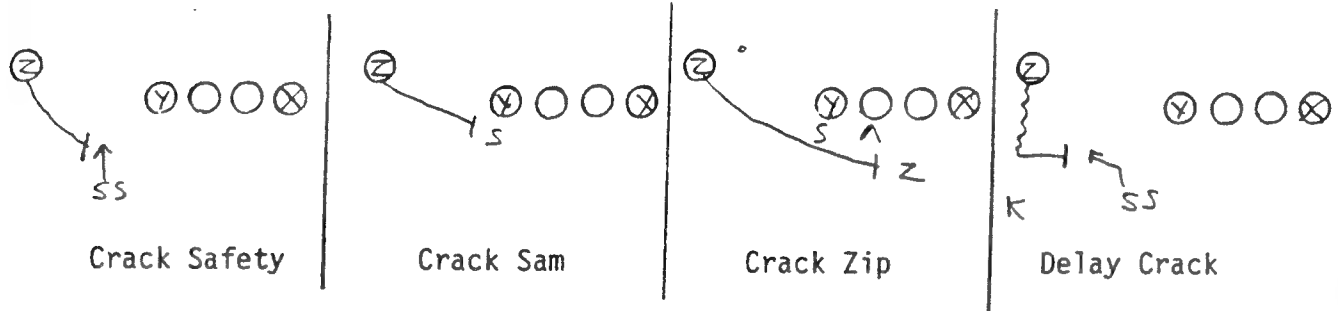
Bounce Out - Runner hitting an assigned hole that is closed and moving to another hole outside.

Turn Up - Maneuver by runner on a lateral play where he changes his path from a lateral path to an upfield path.

Dip - Maneuver by runner on a lateral play where after a turn up, he changes to a lateral outside move again. Defensive backs must be aware of force level vs. this maneuver.

Crack Block - Outside in block by an Offensive man who is split away from formation. Can crack on safeties or linebackers.

Delay Crack - Offensive man drives at korner before going in to block.



Stalk Block - A block by a WR on a DB to prevent the DB from force.

Bob Block - Lead back block outside linebacker in or out.

Bim Block - Lead back block Defensive End.

- Tight Swoop - Tighter swoop because of quick force man on your side. "Monster" or "Klub" call.
- Throw Off - OLB technique vs. hook block on perimeter play. Throw off TE and come back to inside.
- Sex - DB on L.O.S. head on Y or TX exchanging positions with OLB. Automatic backer force.
- "Monster" - Call to alert LBs that a DB is in a quick force position. This can change LB techniques vs. perimeter plays.
- Force - Turning a perimeter play back to the inside.
- Attack Force - Attack blocker using stuff technique, attempting to knock him into ball carrier or force the ball carrier to bounce.
- Exchange Force - If a fill man is upfield and has already turned a play to the inside, the force man now will fill.
- Replace Force - If primary force man is crack - blocked, cover defensive back replaces force man.
- Fill - First man inside force man.
- Replace Fill - If fill man is crack - blocked, cover defensive back replaces fill man.
- "Sky" Force(Sun) - Force by safeties or slot korner.
- "Kloud" Force - Force by korner.
- "Klub" Force - An attack force by korner vs. tight X or strong safety on backside of slot.
- Backer Force - OLB force when man cover - built into coverage.
- "Blizzard" Force - OLB force when zone cover - built into coverage or LOS call.
- Read Force - When primary key blocks, the defensive back becomes force. When primary key releases, defensive back goes to coverage.
- Swoop Force - Inside LB force with Swoop technique - built into defense.

IV. Five Elements of Successful Force

- A. Force
- B. Secondary Force
- C. Fill
- D. Cutback
- E. Pursuit

1. Force is responsibility for getting to the force point and:

(a) force ball carrier to turn up; (b) make tackle; (c) force ball carrier to sideline (spill). The force man will be determined by the defense called or the deployment of offensive personnel.

- Boss Block - Lead back block Strong Safety.
- Hook Block - Y hook Sam.
- Log Block - Pulling lineman hook Outside Linebacker.
- G Block - Onside Guard pulling.
- O Block - Offside Guard pulling.
- Option Blast - Lead back block Inside Linebacker.
- OT - Offside Guard and Tackle pulling on a counter play.
OH or OF - offside Guard and H or F leading counter play.
- Twins - Two Tight Ends lined up next to each other.
- Backside - Tight End side of Slot Formation.

III. Defensive Terms (Pertain to Run Force)

- Stripper - Any defensive player knocking off lead blockers on sweep.
- Pursuit - Taking proper angle on defensive side of L.O.S. with outside defender on side away from P.O.A. responsible for reverse. Inside LBs will have "Quick" and "Read" pursuit.
- Chase - Taking proper angle on offensive side of L.O.S. with outside defender on side away from P.O.A. responsible for reverse and bootleg QB.
- Quick Chase - Outside man has no reverse responsibility - Go for ball carrier.
- Slip - A defensive player getting far shoulder, arm and leg across offensive man while in pursuit staying close to L.O.S.
- Under Slip - Going behind blocker while in pursuit.
- Squeeze - Meeting blocker with near shoulder, forearm and reduce hole.
- Stuff - Meeting blocker with far shoulder, forearm and filling inside hole.
- Scrape - Inside LB filling first hole to his outside on run his side.
- Read Scrape - Inside LB hitting drive blocker prior to scrape so as not to be driven by hole he is to fill.
- Swoop - Inside LB filling area two holes to his outside on run his side.
- Spill - Forcing ball carrier into sideline or another defender.

Technique: Read key. On run read you must get to the force point 1-2 yards across L.O.S. Be set to meet and neutralize lead blocker before he can turn upfield. Keep shoulders parallel to L.O.S. with outside arm and leg free. Turn ball carrier inside if possible; if ball carrier bounces outside, make the tackle or string out and run him out of bounds.

2. Secondary Force: is responsibility for play pass coverage.

Technique: key eligible receiver. If he releases downfield, cover him until ball carrier crosses L.O.S. If he cracks on force or fill man, you replace force or replace fill.

3. Fill is responsibility for the area inside force man.

Technique: Read key. On run read get to fill area, do not be forced too wide. Be in position to make tackle as play turns up. Play "2 Gap" technique.

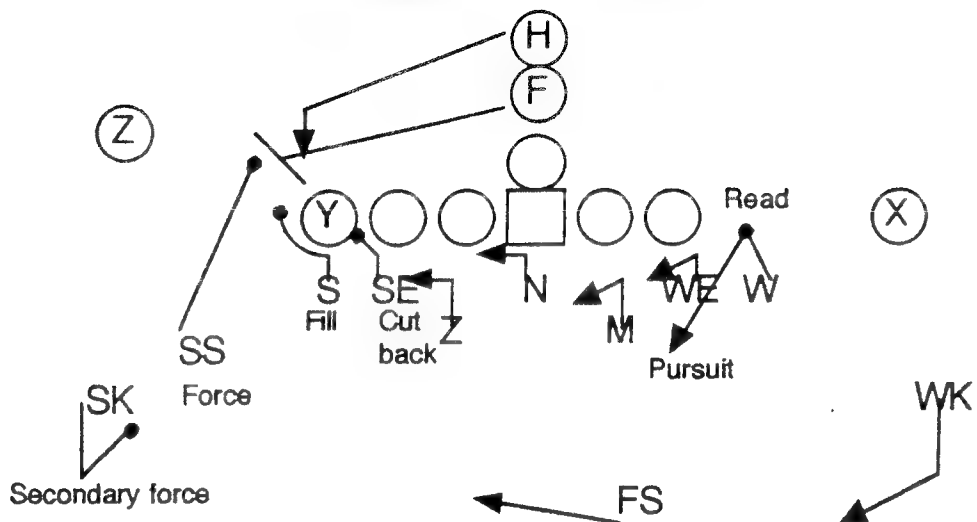
4. Cutback is responsibility for the area inside fill man.

Technique: After locating ball and shedding block, you are inside out man to ball carrier in case he cuts back inside the fill man. If ball carrier gets outside the force man, take proper pursuit angle to the sideline. Breakdown and tackle.

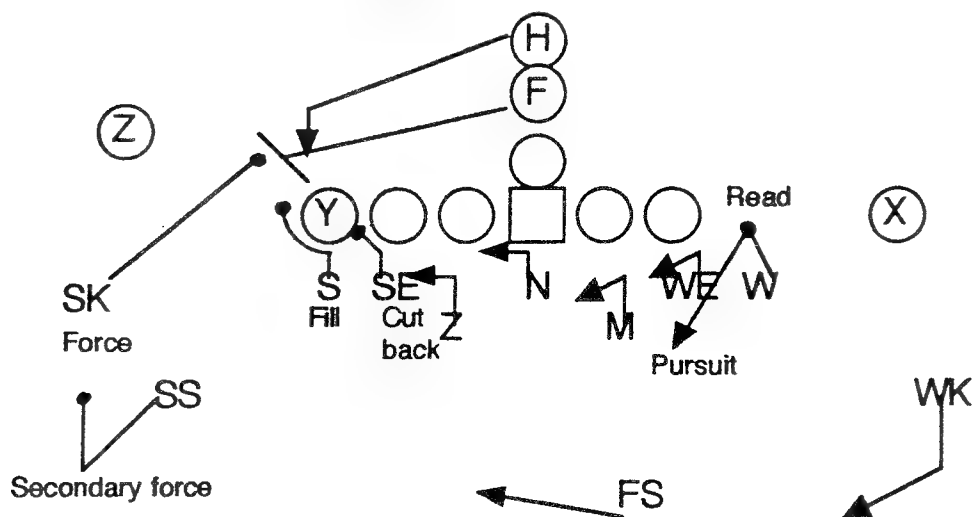
5. Pursuit is responsibility to run ball carrier down if he escapes force and fill man. Also outside man on L.O.S. away from play is responsible for reverses and QB bootleg keeps.

Technique: After locating ball and shedding block, take proper angle to cut off ball carrier if he escapes. Breakdown and tackle.

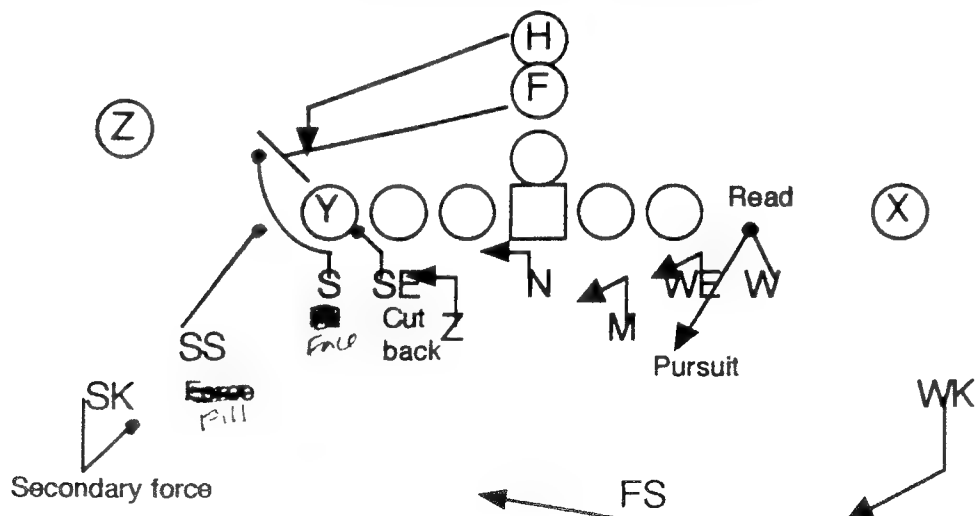
SKY FORCE - TO Y WITH Z



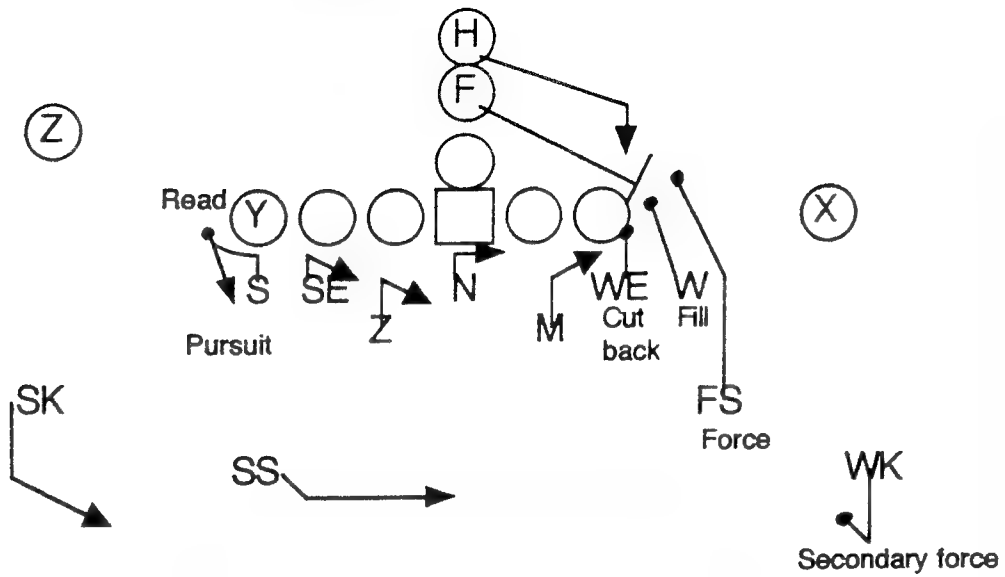
KLOUD FORCE - TO Y WITH Z



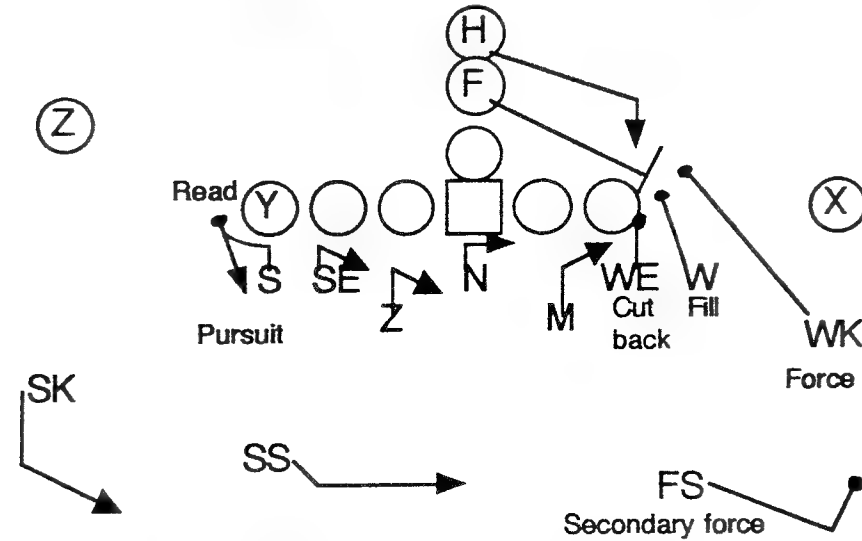
BLIZZARD FORCE - TO Y WITH Z



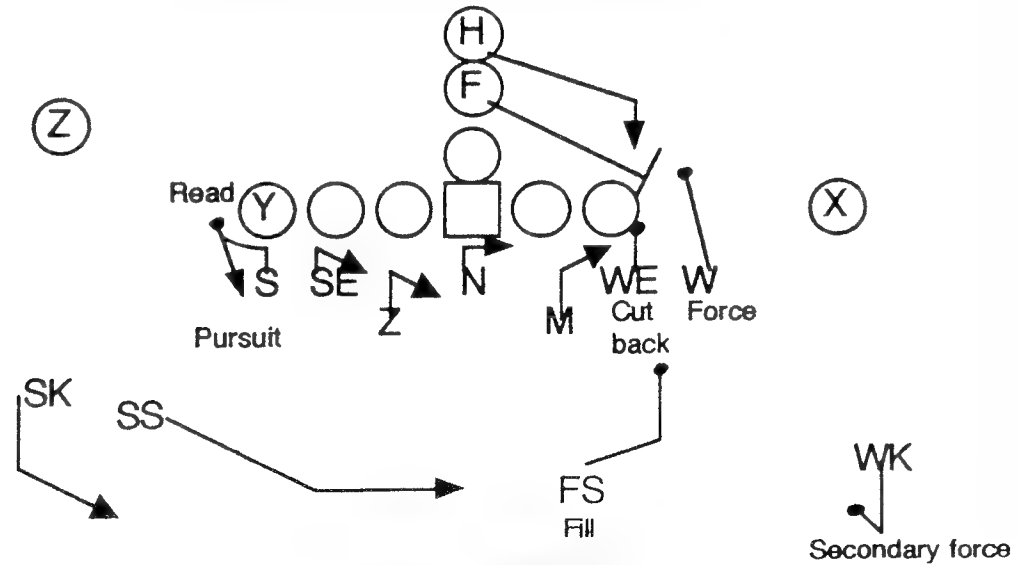
SKY FORCE - OPEN SIDE WITH X



KLOUD FORCE - OPEN SIDE WITH X

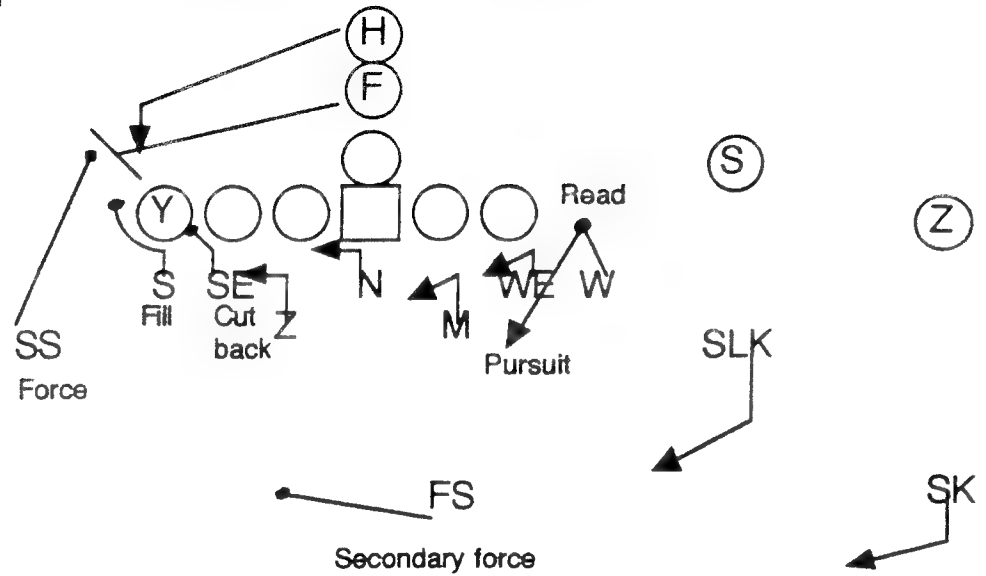


BLIZZARD FORCE - OPEN SIDE WITH X

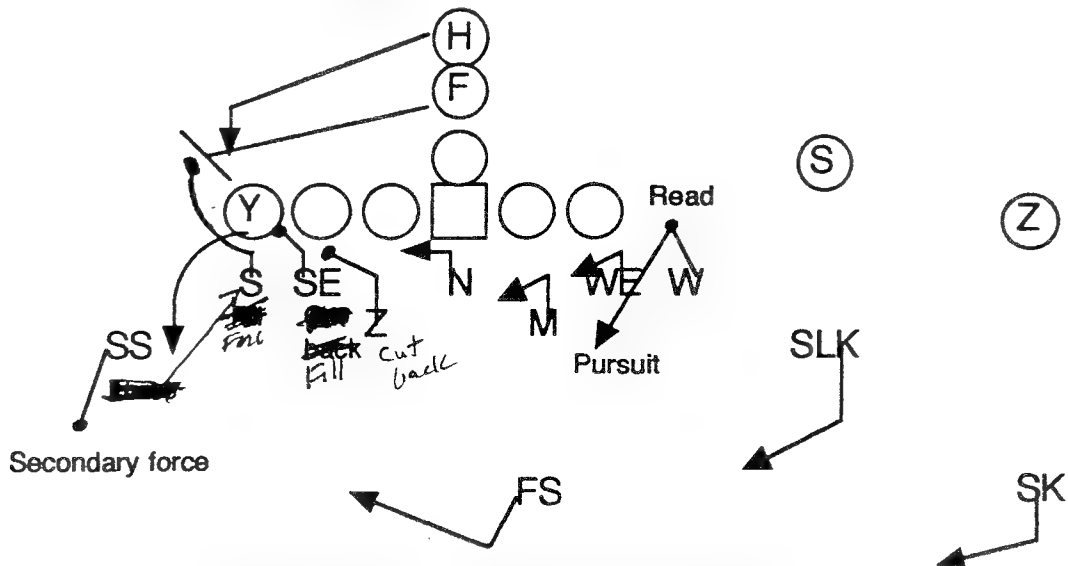


* These Forces are the same for Weak Komer vs. Tight X

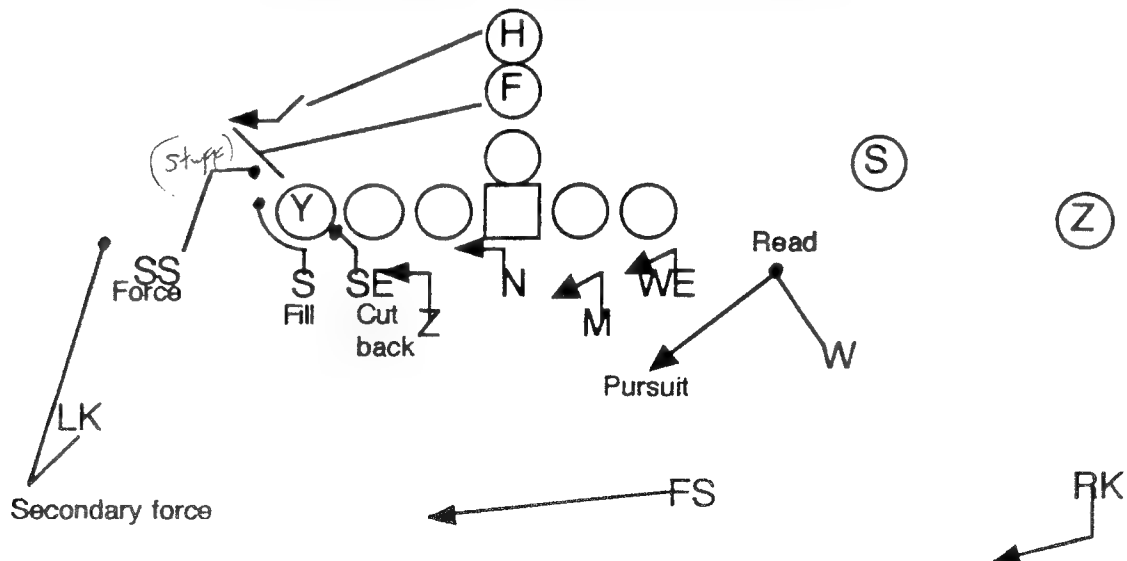
READ FORCE - Y SIDE OF SLOT (Y BLOCKS)



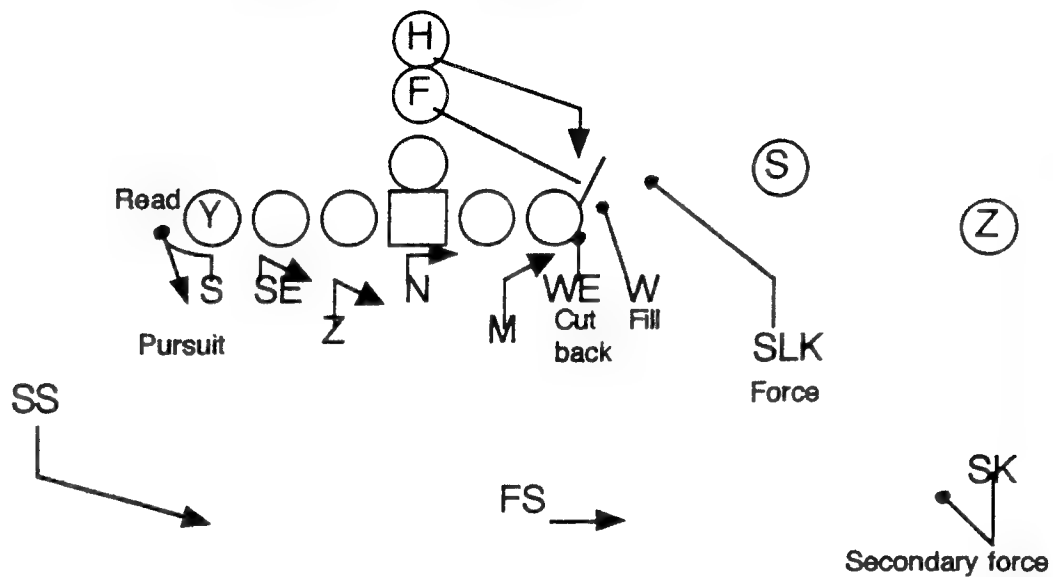
READ FORCE - Y SIDE OF SLOT (Y RELEASE)



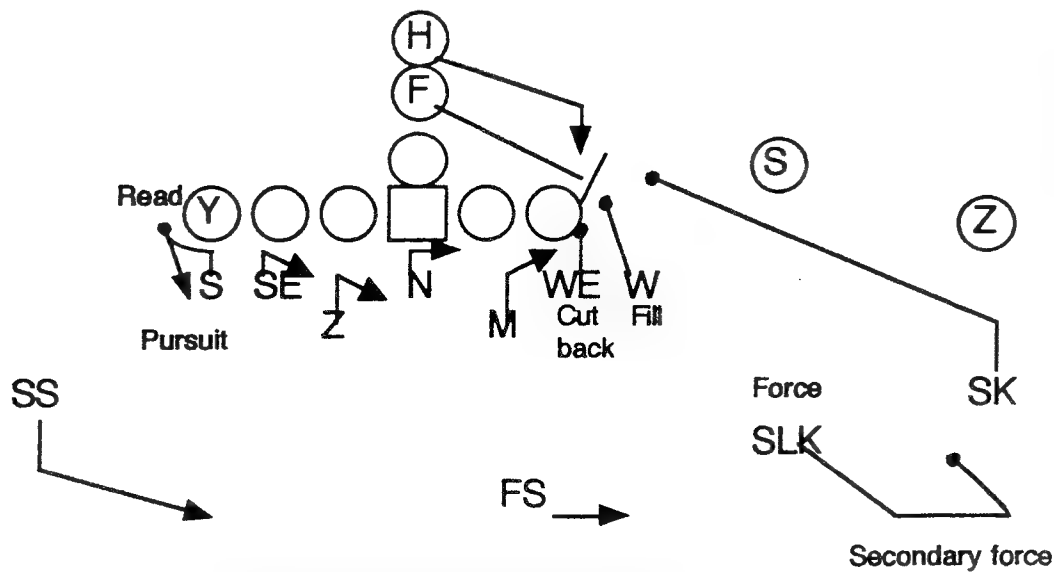
KLUB FORCE - Y SIDE OF SLOT (Y BLOCKS)



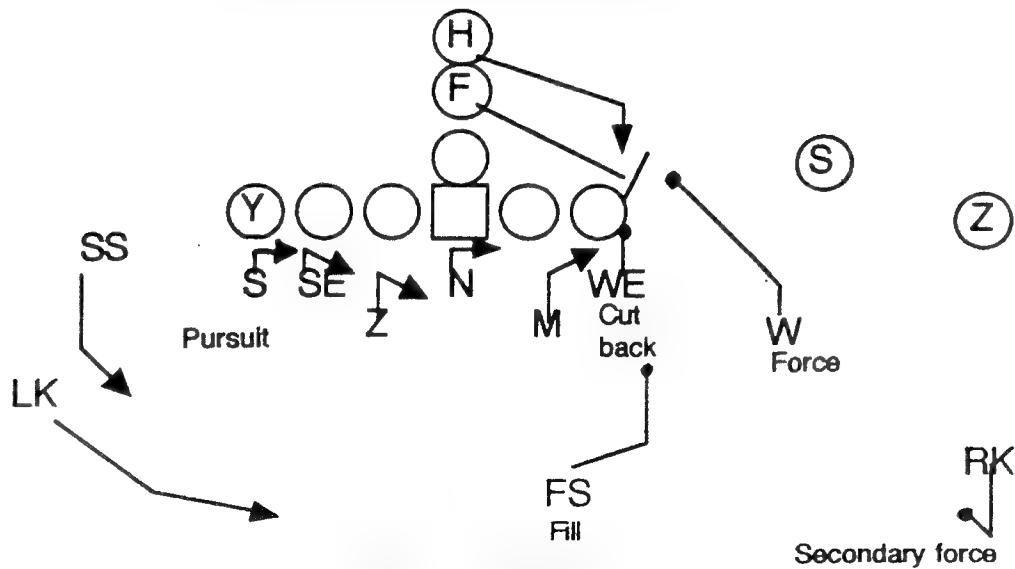
SKY FORCE - SLOT SIDE



KLOUD FORCE - SLOT SIDE

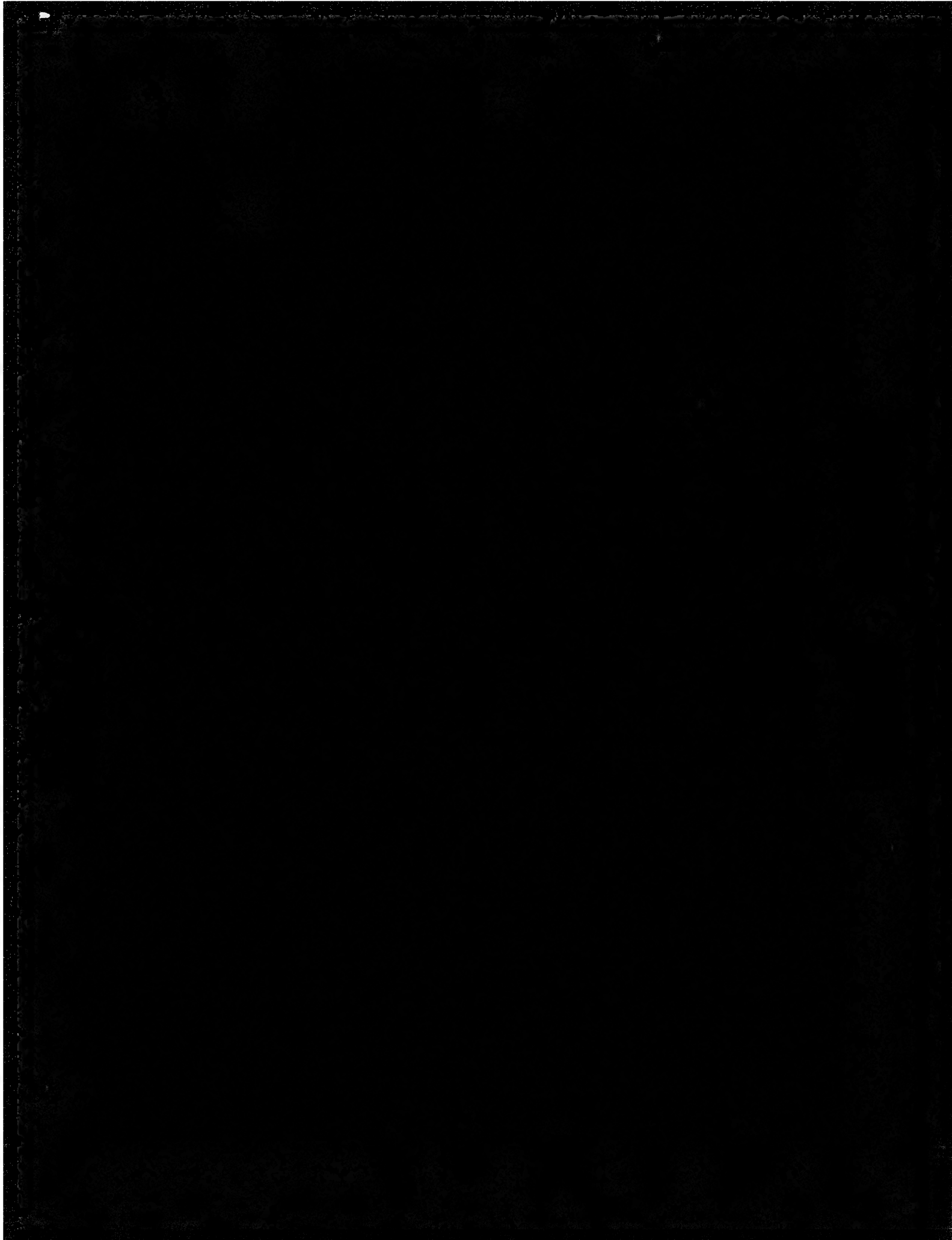


BLIZZARD FORCE - SLOT SIDE



FORCE CHART

[illegible]



PATRIOT COVERAGES

This outline will give an overall picture of our multiple pass coverage system.

A. Some coverages are numbered - some worded.

B. Most of these coverages can be used in 2 min. periods.

30 SYSTEM

Zone Covers

2-4

4

Freeze Zones

Read Zone

Man Covers

I

I Lurk

Lock

Cougar System

Zone Covers

Zorro

Zone

Db1 Zone

Read Zone

Man Covers

Man

Combo

XX System

Zone Covers

Zone

Reverse Zone

Joker Zone

Db1 Zone

Read Zone

Steeler Zone

Man Covers

Man Half

Squeeze

Combos

**These XX Covers will be from a 1 Deep-2 Deep or 3 Deep set up.

Inside +20

30

NE 2-4

NE 4

Cougar

NE Db1 Zone

XX

NE Db1 Zone

NE Combo

**We will also use normal coverages in this area.

TERMINOLOGY PERTAINS TO PASS GAME & COVERAGES

GENERAL TERMS

(Terms with " " marks are used on field)

SLOW BLOCK

- Pass protection block by a receiver next to tackle (O Block)

CAGE

- Pass rusher contain QB

"MOHAWK"

- General term for WR motion

HIT ZONE

- 5 yd. area from LOS. Legal chucking area vs. receivers.

UNDER HELP

- Underneath coverage help by a second defender.

BUMP

- Line up tight on a WR for Bump and Run technique.

ENGAGE

- Line up on a WR between Bump and Normal.

JET

- Run under a WR from Trail position on Outs and Ins.

TRAIL

- Position on a receiver once he is past you. Trail rec. with deep help.

QUICK TURN

- DB technique turning his back to QB vs. certain patterns.

SLOW TURN

- DB technique turning to WR vs. patterns.

STAY SYSTEM

- Korner NO go across vs. Slots.

FLIP

- Korner go across vs. Slot.

FLOP

- Safeties change sides vs. TE move.

BOP

- DBs exchange responsibility on same side motion.

BOUNCE

- DBs exchange responsibility on cross motion.

FREEWAY

- DBs staying with motion.

"BINGO"

- Indicates Pick situation exists between two receivers.

"ZOOM"

- Any under pattern by a detached receiver with a receiver inside going deep.

"ZOOM OUT"

- A zoom pattern that stops and goes back out.

HOT

- A Safety positioning himself 3-7 yds deep between tackles.

HOT UP

- A Safety positioning himself 1-3 yds deep outside tackles.

ADJUSTER

- A designated LB or DB that adjusts to Odd formations.

"FLOCK"

- 3 receivers on or close to LOS in a close grouping. Can line up or motion to a Flock.

CROSS SWING

BROKEN PATTERN

ODD FORMATION

FLOW

FLOW WEAK

- A Back line in finesse position swinging to opposite side of formation.
- Receivers changing routes when a QB escapes from pocket.
- All Single Back formations.
- 2 offensive Backs going to Y's side.
- 2 offensive Backs going away from Y's side.

MAN COVERAGE TERMS

STRONG BANJO ("BJ")

WEAK BANJO ("BJ")

FLOCK BANJO ("Easy")

FLOAT

HUG UP

TALK IT

"OWNER"

PICK

"BOLT"

"DEUCE"

"ROCK & ROLL"

"LOCK"

"CROSSFIRE"

"ROCKET"

LURK

BOX AREA

- Coverage by 2 DBs vs. Y and a Back to Y's side.
- Coverage by 2 DBs vs. TX and a Back to TX's side.
- Coverage by 2 DBs vs. 2 Recs. in a Flock setup. Can be a lineup Flock or motion to Flock.
- A DB becomes free if his Rec. (on LOS) pass blocks.
- When an offensive Back or TE pass blocks, the defensive man covering him attacks him to keep him blocking and not release into pattern.
- A DB and LB exchanging men vs. a Back who lines outside a WR.
- Defenders stay on their receivers on shifts and motion.
- One receiver impedes defensive man covering another receiver.
- LB coverage system in Cover I vs. 2 Backs in backfield.
- 2 LBs responsible for Odd man in Cover I.
- LBs changing coverage responsibilities from one receiver to another on motion.
- LBs or DBs marking off receivers prior to snap.
- 2 defenders changing coverage responsibilities vs. crossing backs.
- Alert to LBs to cover motion man across formation.
- Free defender in Box area - also called Dog Middle.
- Tackle to Tackle 5-12 yds deep.

ZONE COVERAGE TERMS

DROP CHASE

- In 2 Deep Zones. An on the LOS defender goes with upfield patterns - carry cross patterns and drop outs.

UP CHASE

"IN-OUT"

- Same as above except just upfield patterns.
- Defines drop chase responsibility for LBs by TE release.

"ME"

- Defines drop chase responsibility for LBs by formation.

SCAN

- When drop chase is being used vs. detached receivers, if you see or hear "Zoom" pattern drop off your coverage and jump zoom.

LOCK CHASE

- In 2 Deep Zones. An on the LOS defender takes his man on all routes.

STRAIGHT LINE

NE POST

- 3 level pattern vs. Zone Covers.
- A straight line pattern with a WR on Deep Cross. (usually PÁ) In Zone defenses we may have a deep defender jumping this pattern.

LAYER PATTERN

- Describes pattern theory of something in front - something behind vs. Zone covers.

DIVIDERS

SPLIT DIVIDER

THIRDS

HALFS

MIDDLE DIVIDER

HINGE

- Aim points to middle of the four short zones.
- Two defenders sharing a divider in Zone covers.
- Designated areas of field 3 Deep Zones.
- Designated areas of field 2 Deep Zones.
- Area between the two inside divider areas.
- Technique used vs. a #2 receiver. Stay inside area till #2 or #3 receiver takes you to outside divider.

CROSS FACE

- Technique used vs. a #2 detached receiver. As going to outside divider, reroute #2.

REROUTE

JAM

CENTER FIELD ROLL

- Making a receiver change his release and route.
- Preventing clean release by receiver.
- An inside LB vs. waggle, roll and stay under crossing receiver going to QB's side.

"FENCE"

- In-out squeeze by inside divider defender and outside divider defender on #2 & #3 receiver.

JUNK DROP

- While dropping to dividers, square up immediately and read QB and pattern as you back pedal.

BAIL

- Line up tight on a WR. On snap turn and run to deep third responsibility.

LEECH

"KLAMP"

- DB lock chase on #2 or #3 in Db1 zone coverages.
- DB man on outside receiver (#1) in zone coverages on all except shallow crosses. Hinge #2.

SUN

PLASTER

- Wide Sky in zone defenses, wide to divider.
- DBs lock on receiver when broken pattern vs. zone covers. Do not get too far out of your area.

HANG

- Middle third safety favoring 2 rec. side of formation.

XX COVERAGE TERMS

SAFE

- In Zone defenses - all defenders line 5 yds deeper.

"TROJAN"

- Term to indicate X man in XX system.

JOKER

- Indicates Fake Blitz and play a Zone defense.

"ACE"

"DEUCE"

"TREY"

- Terms used to indicate who we are going to Combo cover.

"POWER DOUBLE"

"BOSCOE"

- Indicates safety taking back and BB free up.

OSCAR

IKE

- Technique use when double a Rec.

TOP

- Safety in Half area.

"HAWK"

"EAGLE"

- Calls used vs. motions by WRs to indicate change of man coverage responsibilities.

SLUFF

- Trailing defender when "Hawk" is called finding next receiver to help on.

"KROW"

- "Easy" technique vs. #1 & #2 with safety deep inside.

7 UP

- 7 Defensive Backs in XXX.

GENERAL FIELD INFORMATION

ZONE DEFINITIONS:

1. **Dividers** - the underneath areas of a zone defense extending from the L.O.S. up to 17 yards deep.
 - a. **Outside dividers** - Extend from the inside edge of the numbers to the sideline.
 - b. **Inside dividers** - Extend from the middle of the field to the inside edge of the numbers
 - c. **Middle Hook** - Extend from hash to hash
2. **Deep Zones** - Areas in the zone 17 yards or deeper.
 - a. **Deep Third** - Extend from college hash (approx. 4 yards inside the #'s) to sideline.
 - b. **Post** - Extends from college hash (approx. 4 yards inside the #') to college hash.
 - c. **Deep Half** - Extend from the middle of the field to the sideline.
 - d. **Deep Outside Quarters** - Extend from the inside edge of numbers to the sideline.
 - e. **Deep Inside Quarters** - Extend from the middle of the field to the inside edge of the numbers.

ZONE AIM POINTS

When in zone defenses, aim points are the areas of the field that would put you in the middle of your zone responsibility if QB has not thrown ball or if two or more receivers are in your zone. These are the aim points to which you would run until you can read patterns or the receivers in your zone.

1. **Underneath Zones** - Depth of 12 yards.
 - a. **Outside Divider** - Halfway between sideline and numbers.
 - b. **Inside Divider** - 3 yards outside the hash.
 - c. **Middle Hook** - Middle of the field.
2. **Deep Zones** - 17 yards or deeper.
 - a. **Deep Third** - 3 yards outside the numbers.
 - b. **Post** - Middle of field (between the hashes; on Goal Post)
 - c. **Deep Half** - Inside edge of numbers.
 - d. **Deep outside Quarters** - Halfway between the numbers and the sideline.
 - e. **Deep Inside Quarters** - 3 yards outside the hash.

Three deep zone
aim points

10

12 yds

17 yds

20

30

Two deep zone
aim points

40

12 yds

17 yds

50

40

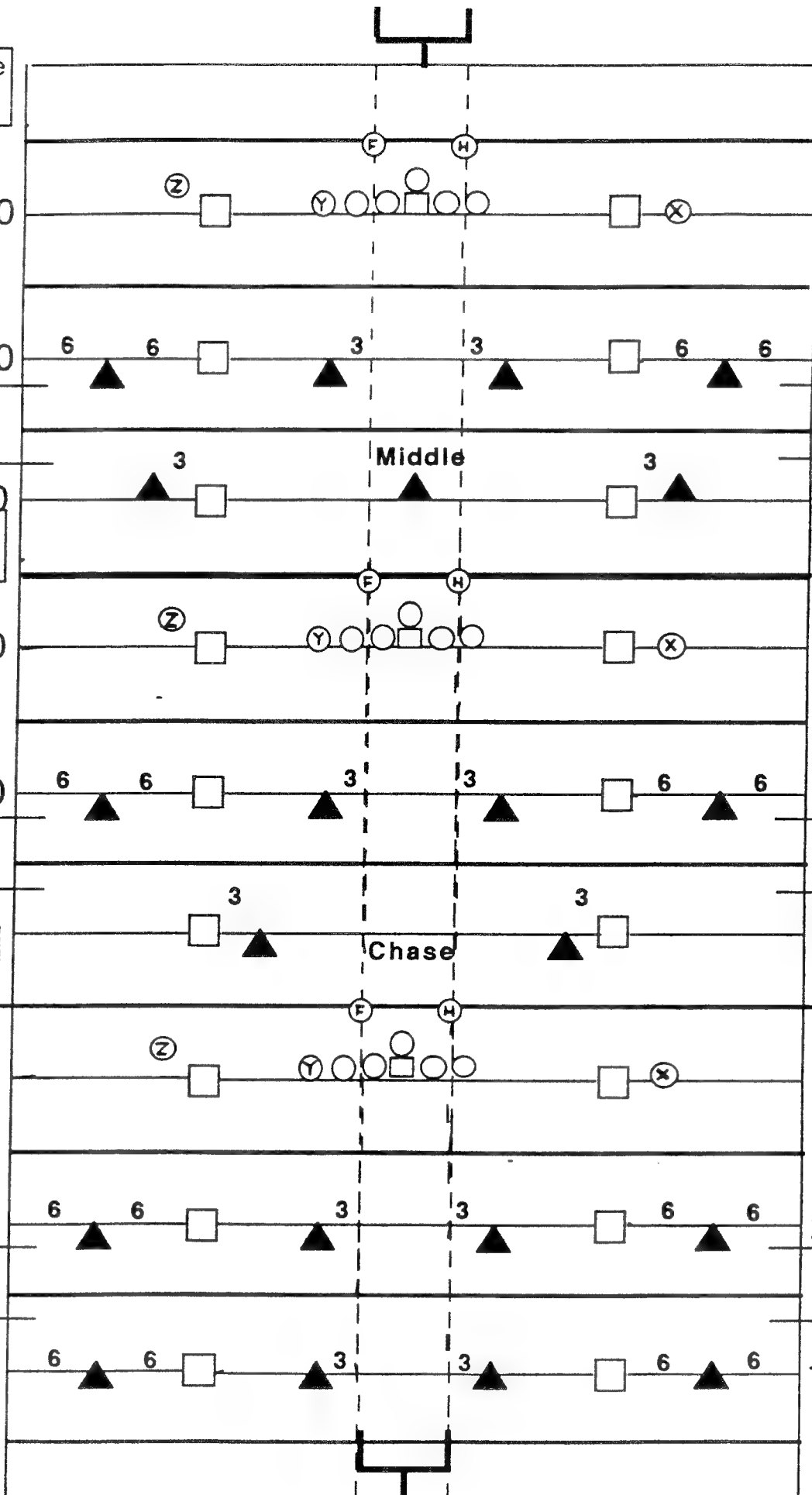
Four deep zone
aim points

12 yds

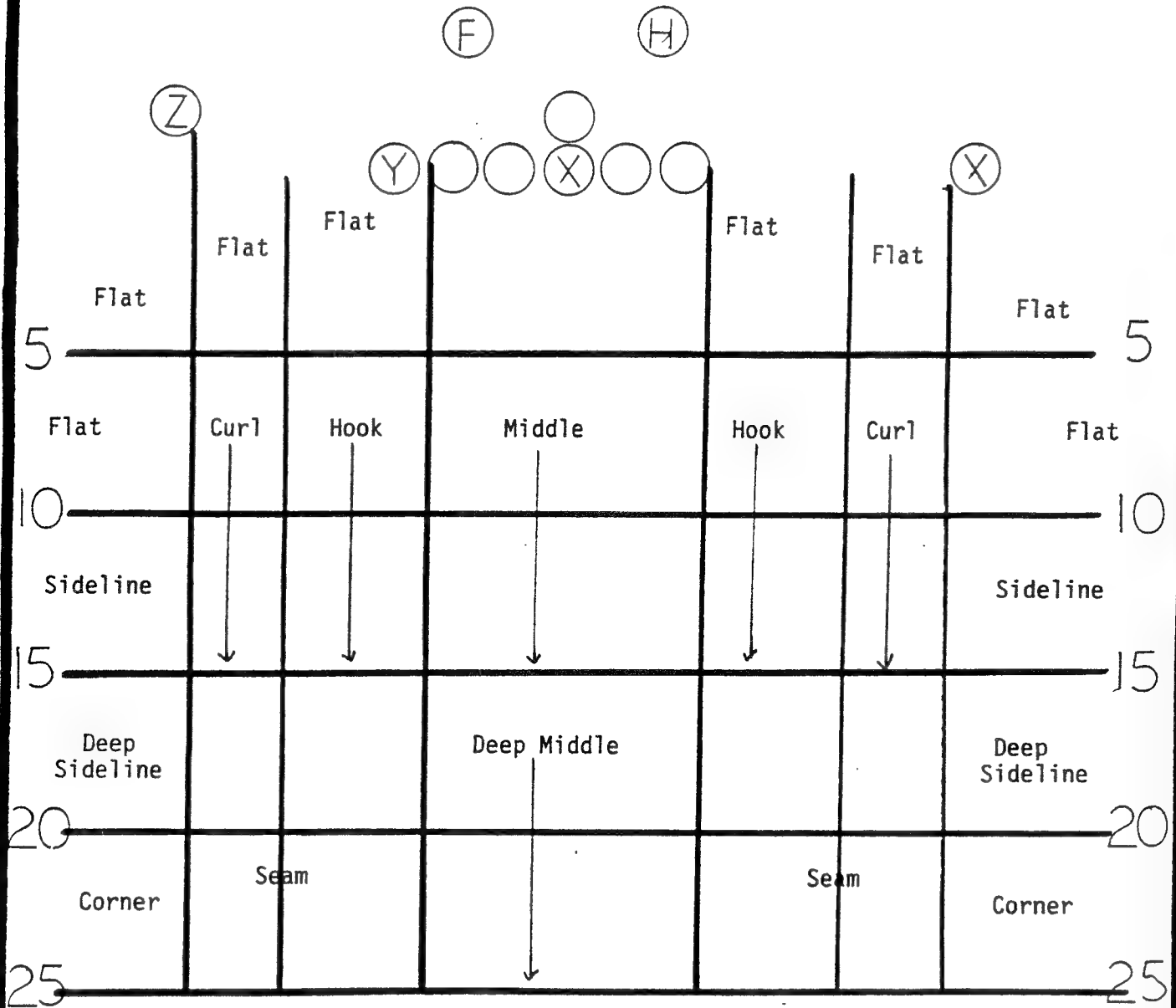
17 yds

20

10

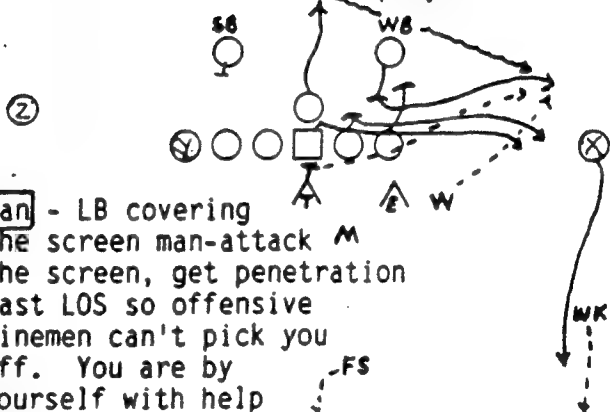


FORMATION AREAS



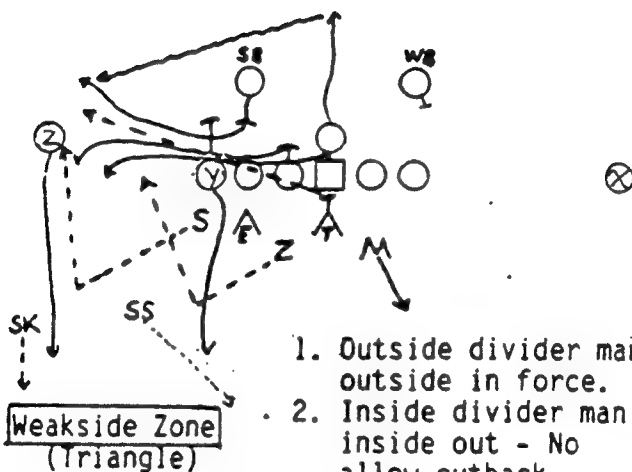
Wk Screen

NOTE: Strong Screen
played the same



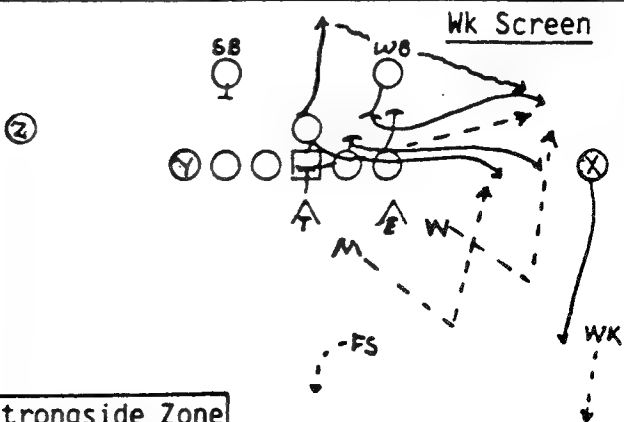
Man - LB covering the screen man-attack the screen, get penetration past LOS so offensive linemen can't pick you off. You are by yourself with help from defensive linemen. NT inside out.

Strong Screen



1. Outside divider man - outside in force.
2. Inside divider man - inside out - No allow cutback.
3. NT - Inside out.

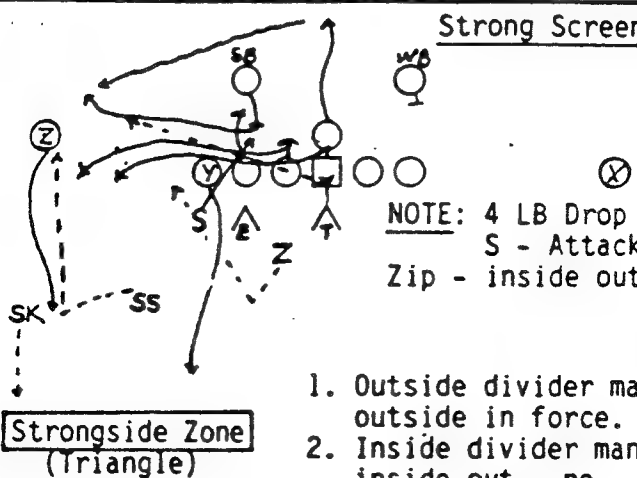
Wk Screen



Strongside Zone
(Triangle)

1. Outside divider man outside in force.
2. Inside divider man inside out. No allow cutback.
3. ~~NT inside out~~

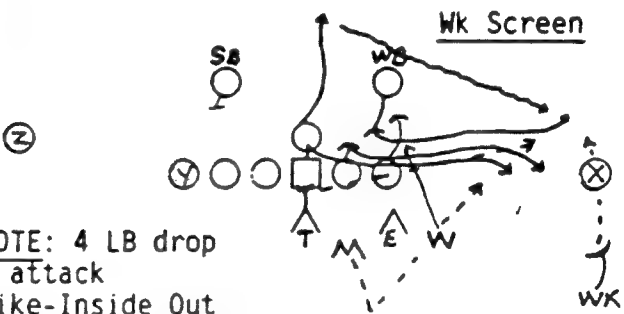
Strong Screen



NOTE: 4 LB Drop
S - Attack
Zip - inside out

1. Outside divider man
outside in force.
2. Inside divider man
inside out - no
allow cutback.
3. NT - inside out.

Wk Screen

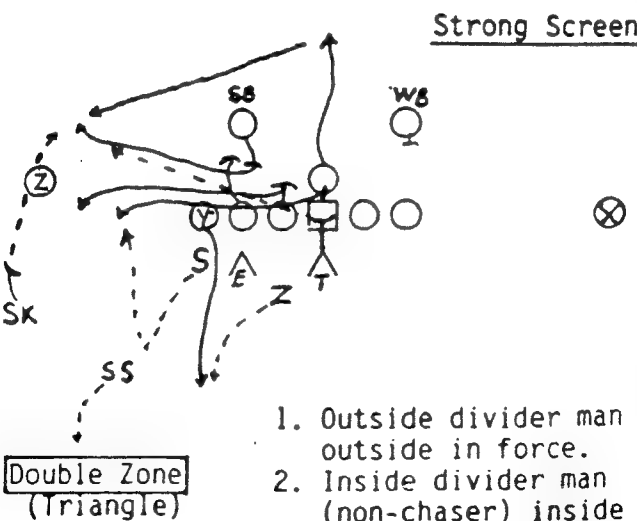


NOTE: 4 LB drop
W attack
Mike-Inside Out

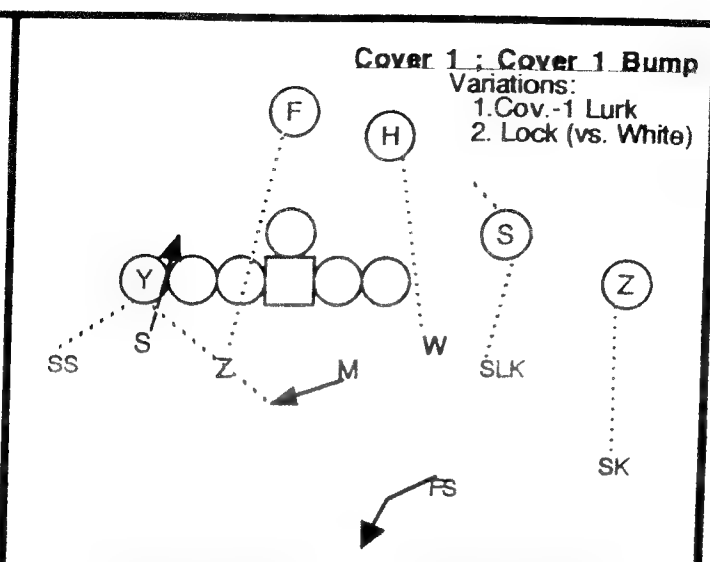
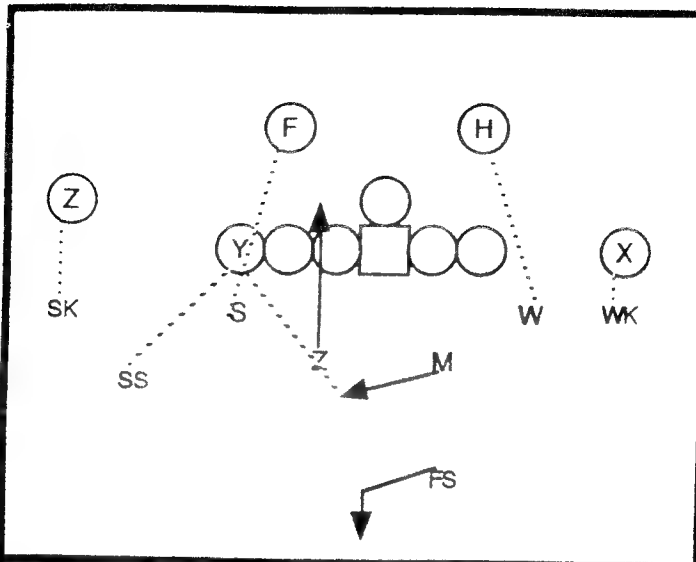
Double Zone (Weakside Zone)
(Triangle)

1. Outside divider man outside in force.
2. Inside divider man inside out - no allow cutback.
3. NT inside out.

Strong Screen



1. Outside divider man
outside in force.
2. Inside divider man
(non-chaser) inside
out; no allow cutback
3. NT inside out.



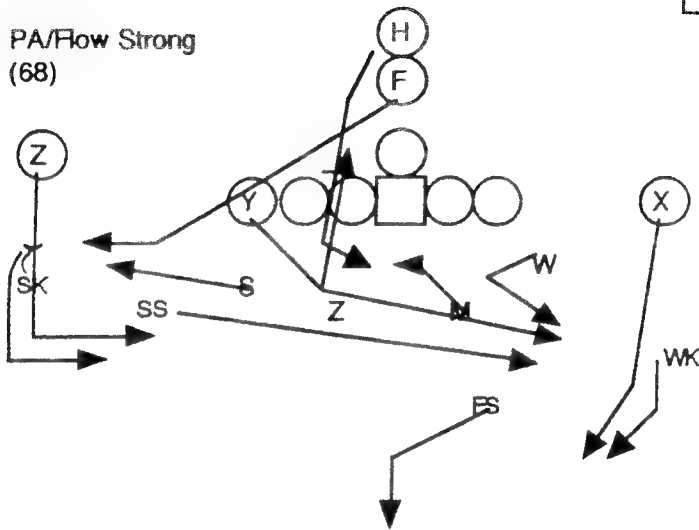
	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
SAM (S)	Front Called	Front Called 8 or 6 (Force)	1. Bolt 2. Deuce 3. Shoot	Bolt Rules
ZIP (Z)	Front Called	Front Called	1. Shoot 2. Bolt 3. Deuce	Bolt Rules
MIKE (M)	Front Called	Front Called	1. Bolt 2. Deuce 3. Shoot	Bolt Rules
WILL (W)	Front Called	Front Called 9 or 7 (Force)	1. Bolt 2. Deuce	Bolt Rules
STRONG KORNER (SK)	1. Bump 2. Normal	Secondary force	Man for man on Z	Same as dropback
WEAK KORNER (WK)	1. Bump 2. Normal	Secondary force	Man for man on X	Same as dropback
SLOT KORNER (SLK)	1. Bump Slot	Secondary force	Man for man on S	Same as dropback
STRONG SAFETY (SS)	1. Normal 2. Shoulder	Read force	Man for man on Y with Linebacker help (Bolt)	Same as dropback
FREE SAFETY (FS)	1. Normal 2. Odd formation position	Fill	Post - Read QB, patterns and receivers	Same as dropback

Cover 1

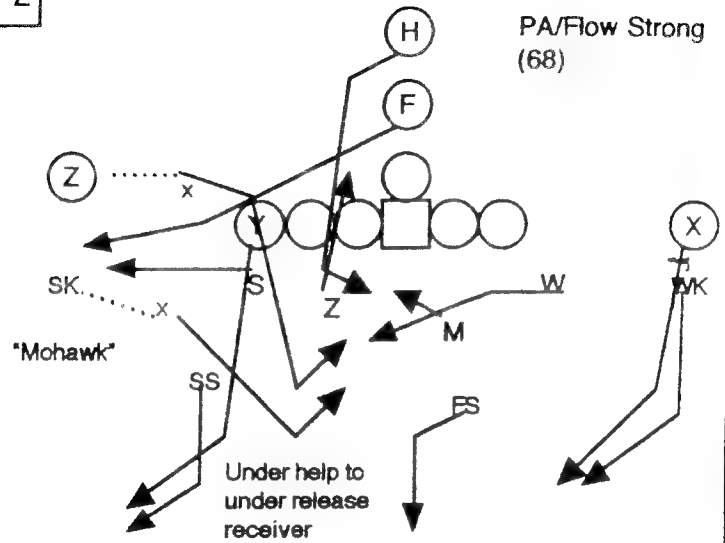
Cover 1 adj. p1

1 2

PA/Flow Strong
(68)

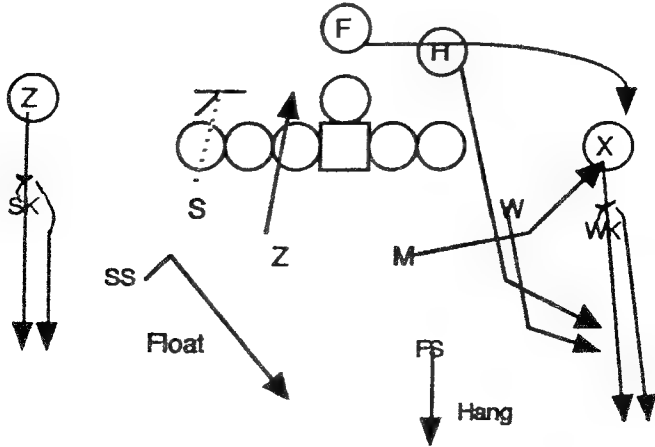


PA/Flow Strong
(68)

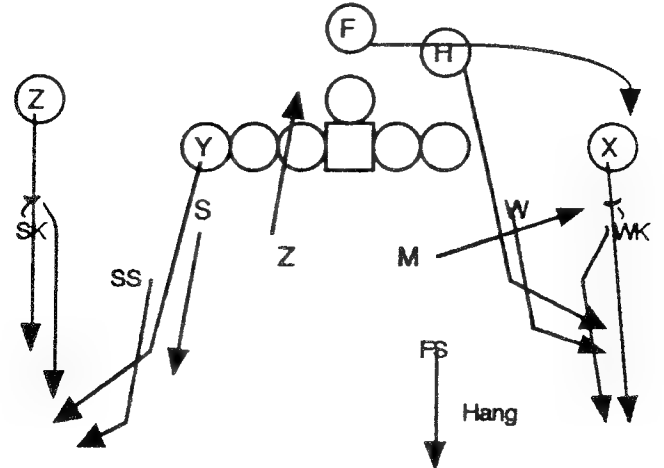


3 4

Dropback Pass (78)

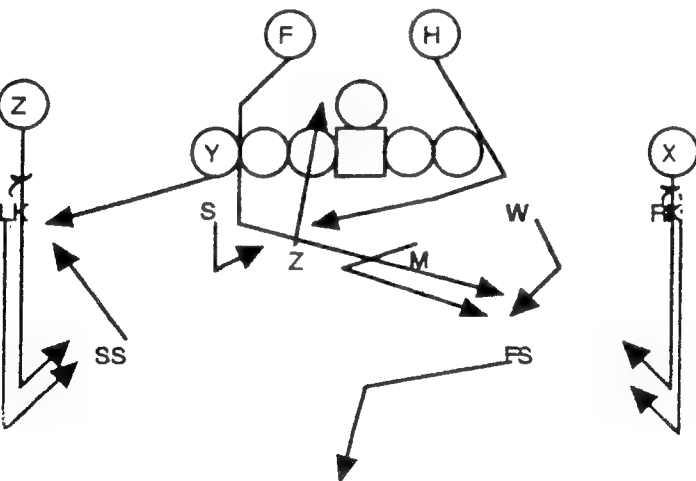


Dropback Pass (78)

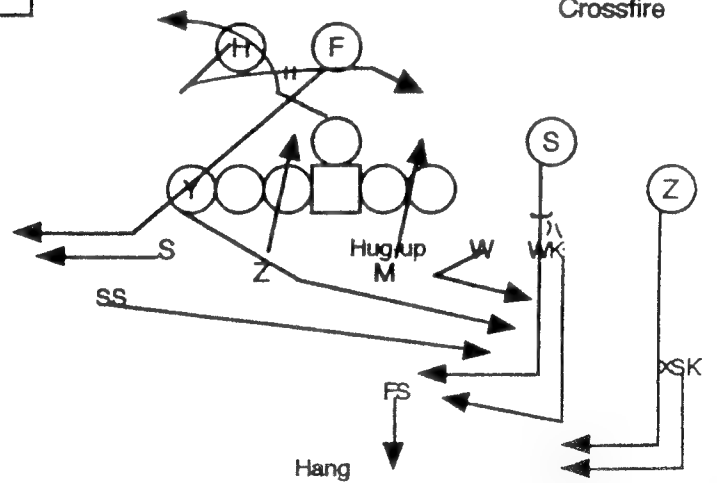


Zip Shoot Cover 1 Lurk

5 6

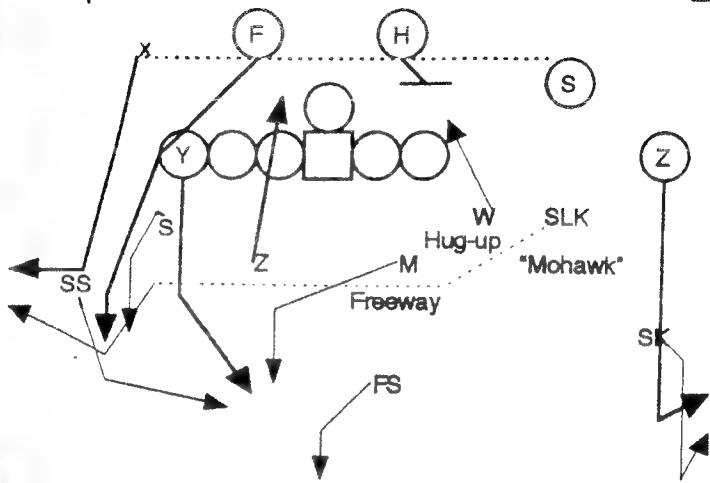


Crossfire

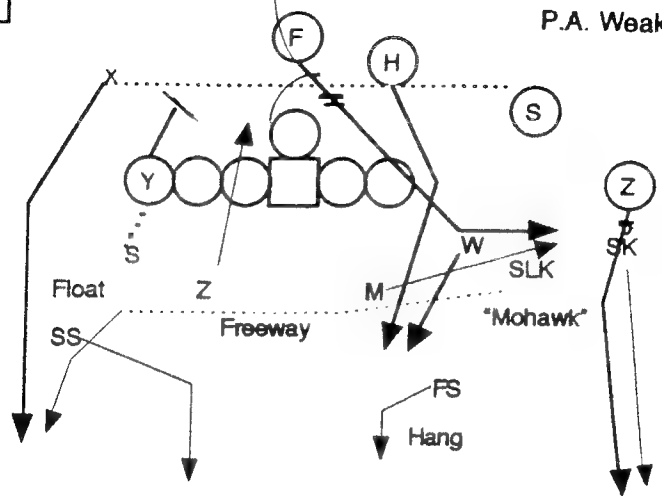


1 2

Dropback



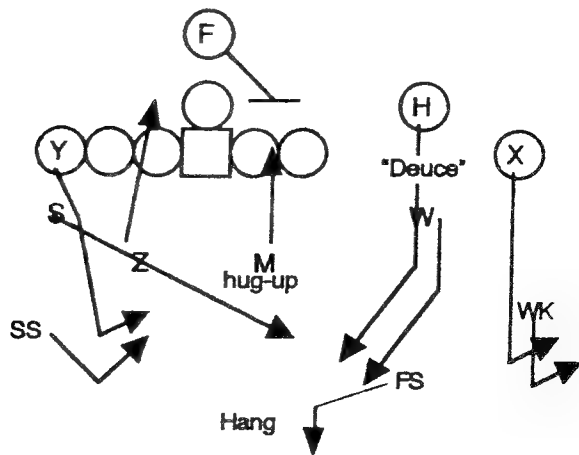
P.A. Weak



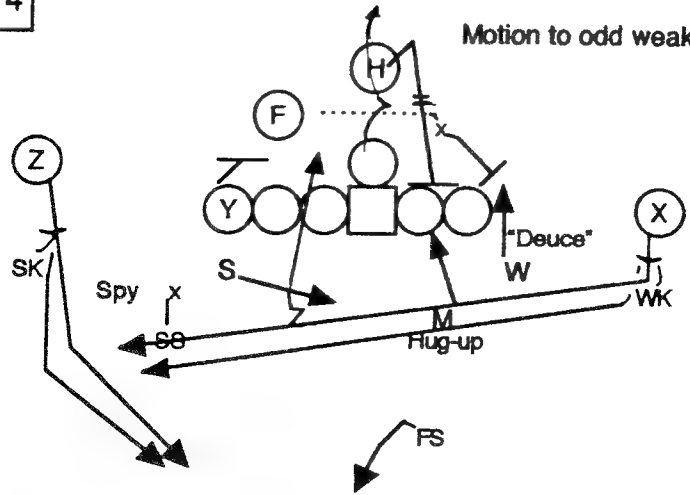
Odd Weak

Dropback Pass (78-B)

3 4



Motion to odd weak



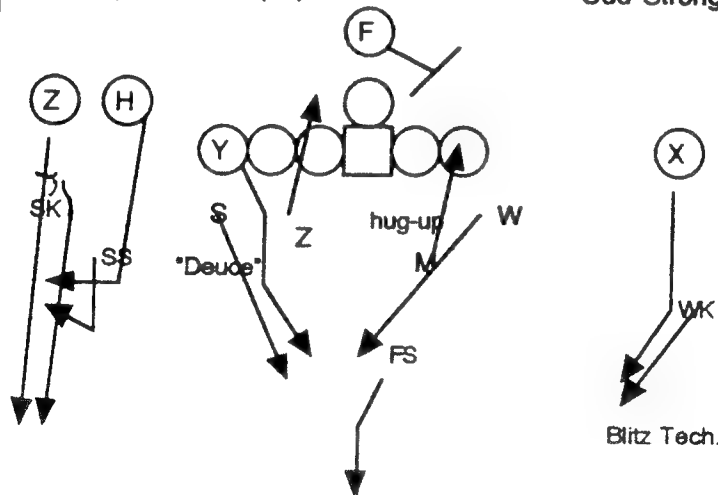
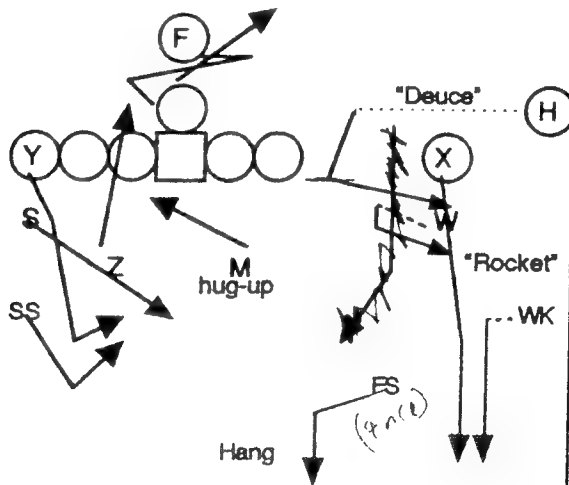
Odd Weak

Possible "talk-it"

5 6

Dropback Pass (60)

Odd Strong



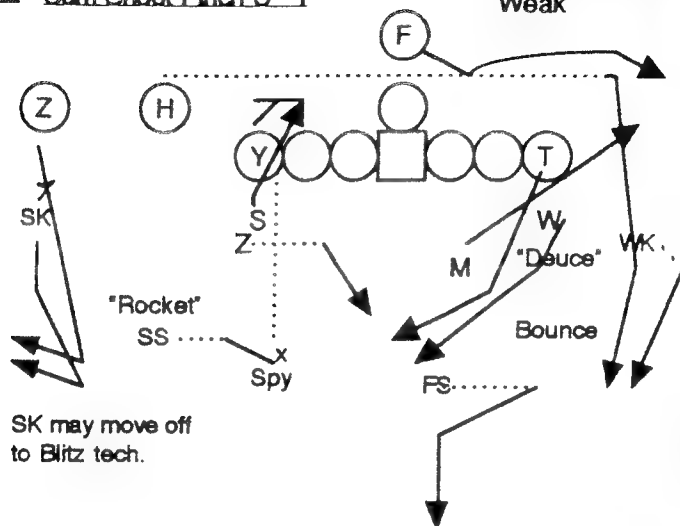
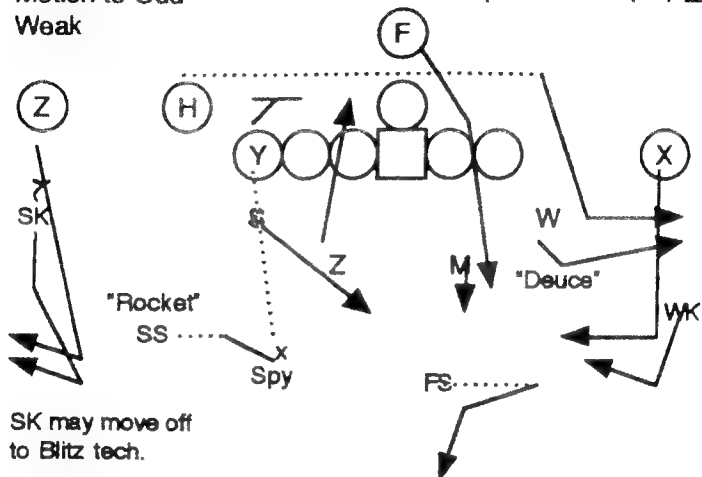
Motion to Odd Weak

Dropback Pass (78)

1 2

Sam Shoot Pinch C - 1

Motion to Odd Weak

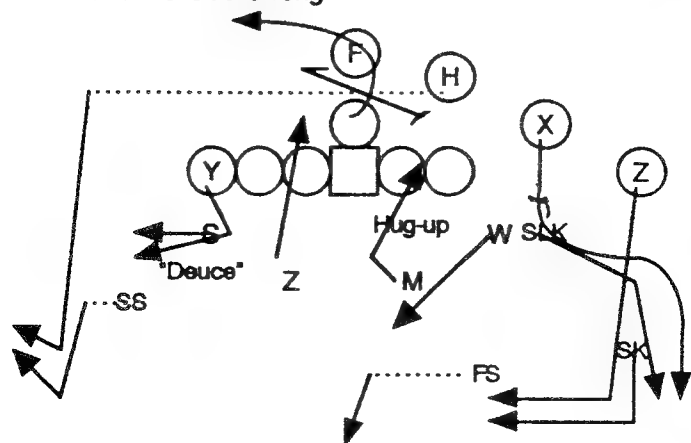
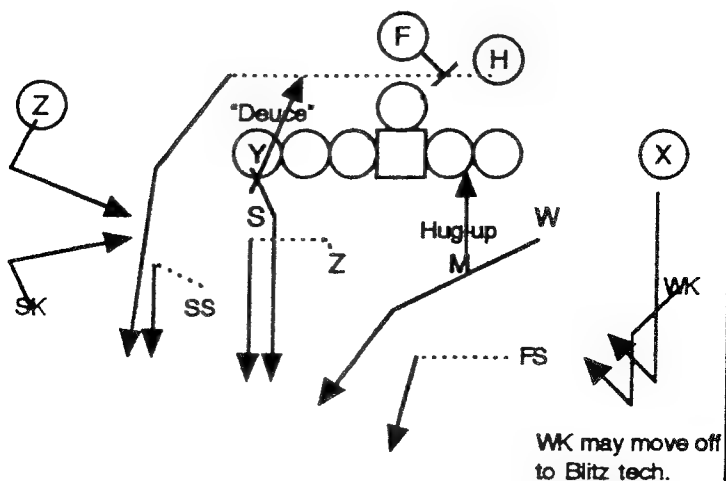


Sam Shoot Pinch C - 1

Motion to Odd Strong

3 4

Motion to Odd Strong



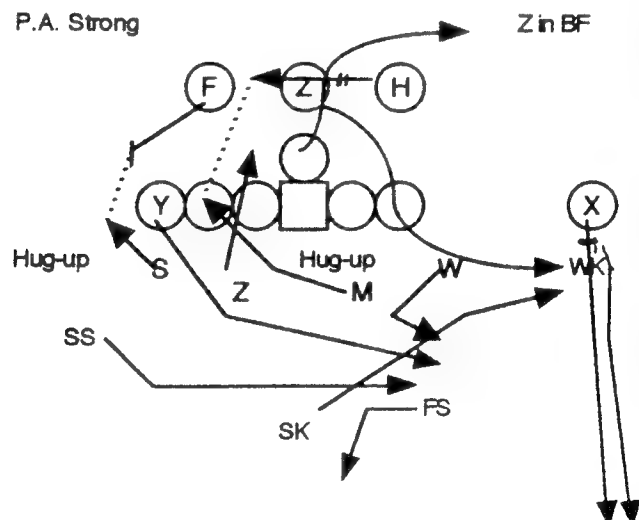
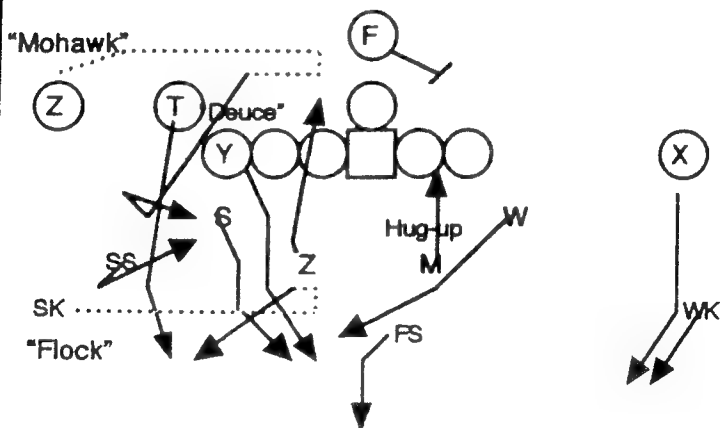
Flock

Dropback Pass (60)

5 6

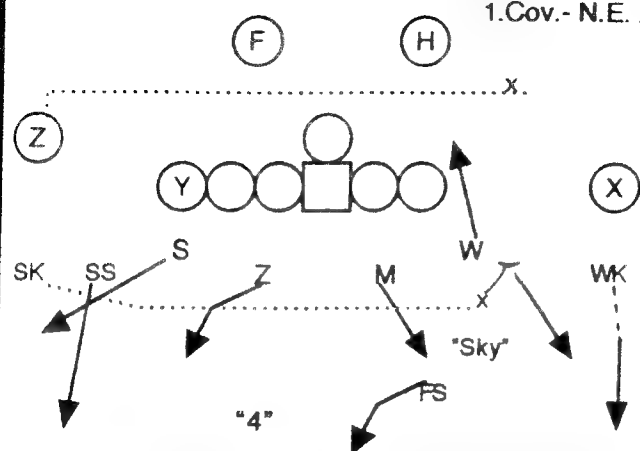
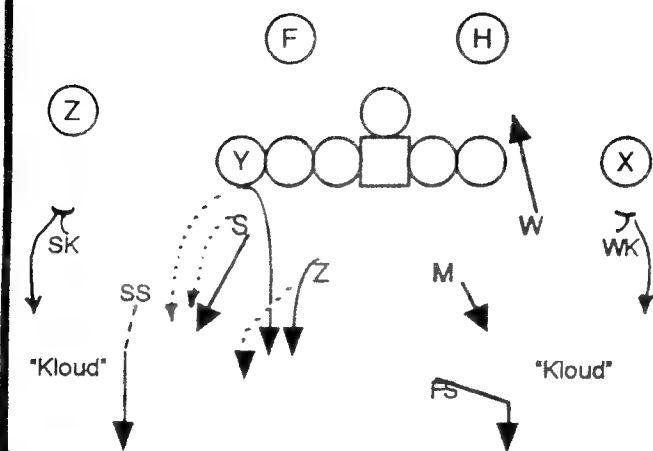
P.A. Strong

Z in BF

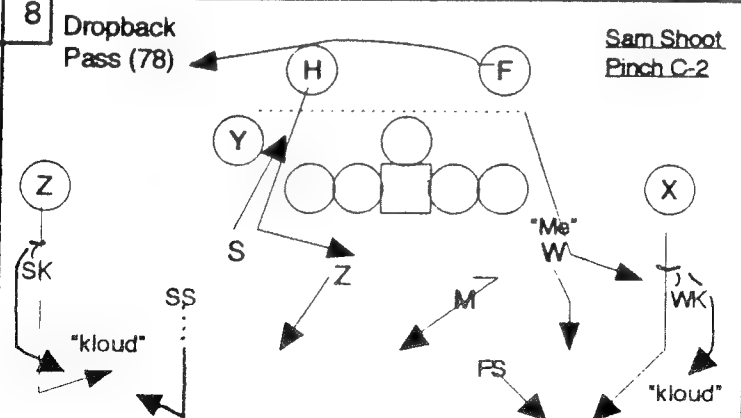
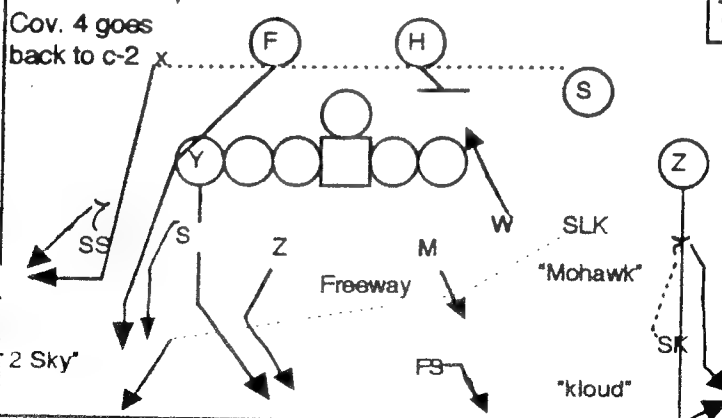
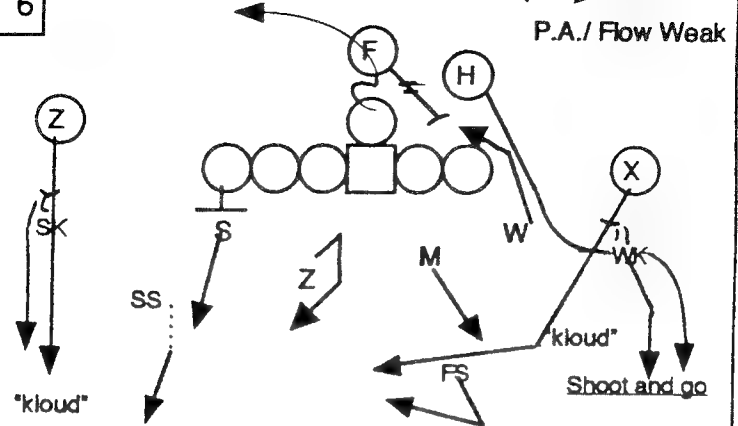
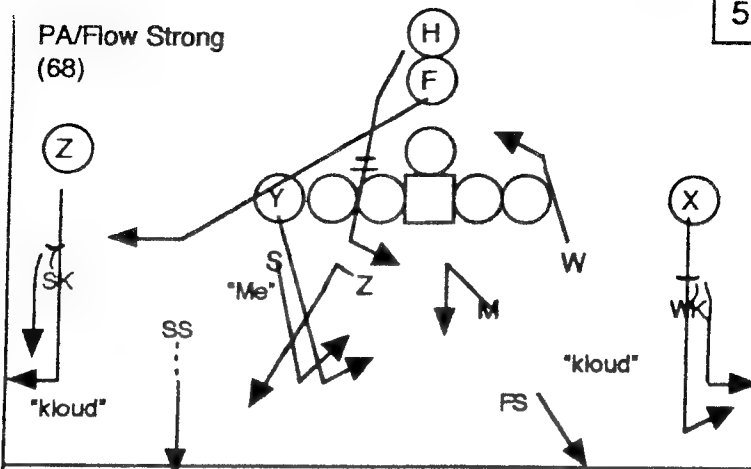
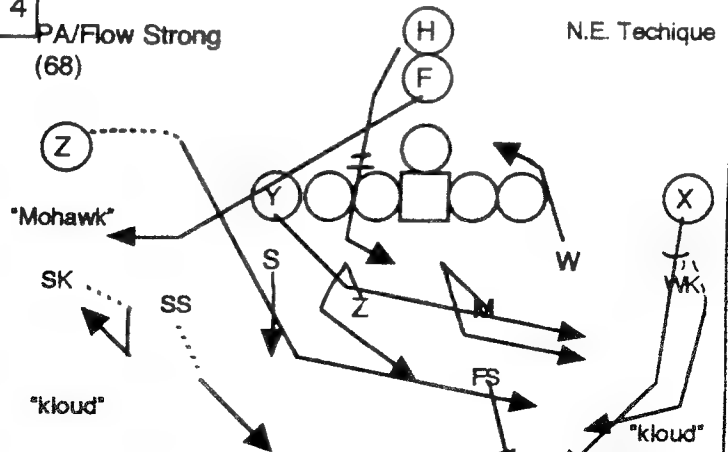
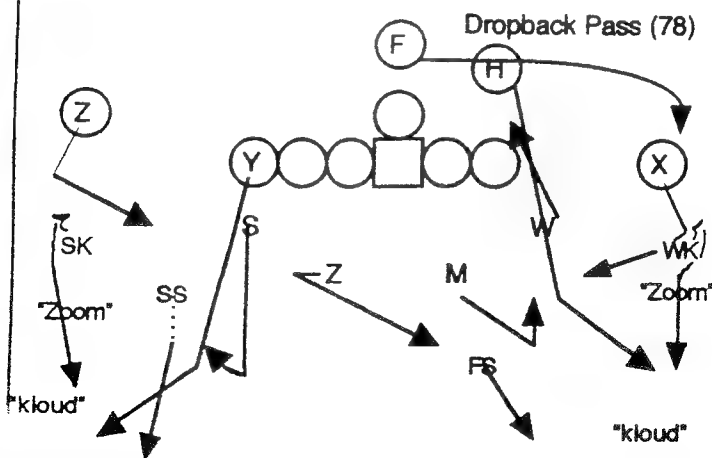
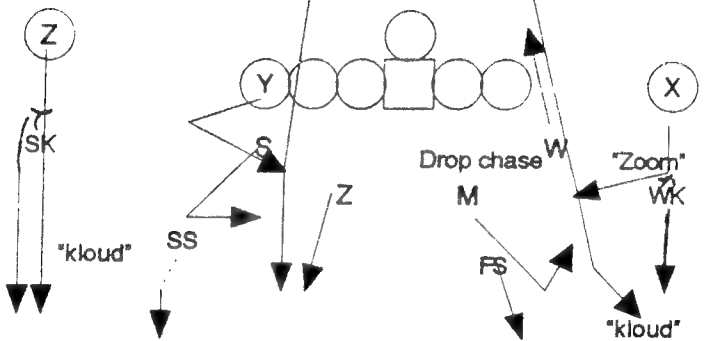
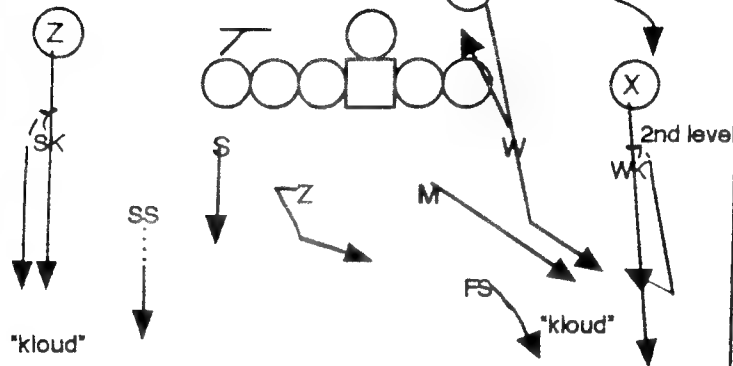


Cover 2-4
Variations:

1. Cov. - N.E. 2-4



	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
SAM (S)	Front Called	Front Called	In and Out with Zip 1. Drop Chase 2. Inside divider 3. "Me" Chase 4. Shoot	Same as dropback
ZIP (Z)	Front Called	Front Called	In and Out with Sam 1. Drop Chase 2. Inside divider 3. "Me" Chase	Same as dropback
MIKE (M)	Front Called	Front Called	1. Inside divider 2. Drop Chase 3. Shoot 4. "Me" Chase	<u>Weak P.A.</u> - same as dropback <u>Strong P.A.</u> - man on shallow cross
WILL (W)	Front Called	Front Called	1. Shoot 2. Inside divider 3. Drop Chase 4. "Me" Chase	<u>Weak P.A.</u> - same as dropback <u>Strong P.A.</u> - man on shallow cross
STRONG KORNER (SK)	Engage (Stem)	Force	Outside divider	Same as dropback
WEAK KORNER (WK)	Engage (Stem)	Force	Outside divider	<u>Weak P.A.</u> - same as dropback <u>Strong P.A.</u> - 1. Jet X 2. N.E. technique
SLOT KORNER (SLK)	Play Cover - 4	Play Cover - 4	Play Cover - 4	Play Cover - 4
STRONG SAFETY (SS)	1. Normal (stem)	Secondary force / fill	Deep half	Same as dropback
FREE SAFETY (FS)	1. Normal (stem)	Secondary force / fill	Deep half	Same as dropback



Sam Shoot Pinch C-2/4

Cover 2 goes to c - 4

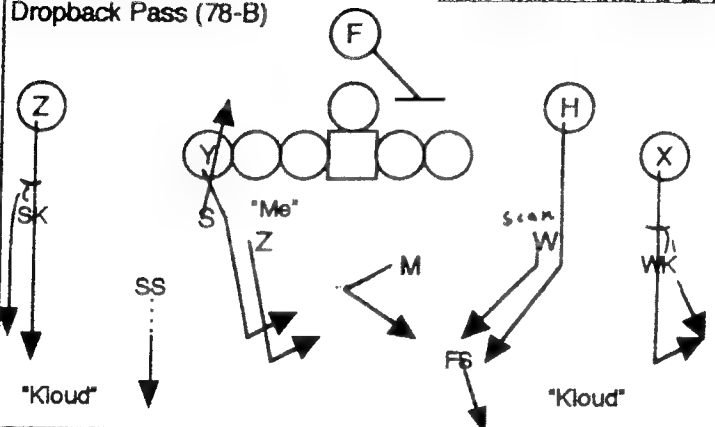
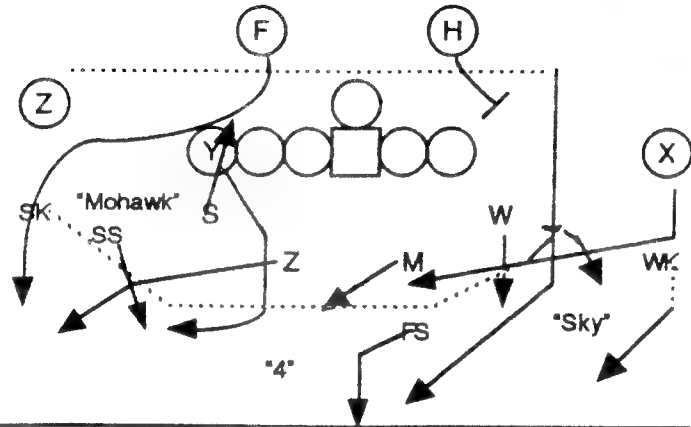
1

2

Odd Weak

Sam Shoot Pinch C-2/4

Dropback Pass (78-B)



Trips

"Geronimo Left"

Dropback Pass (60)

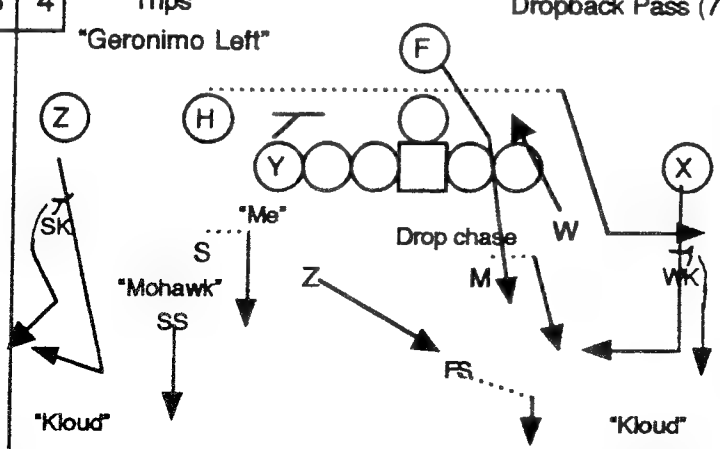
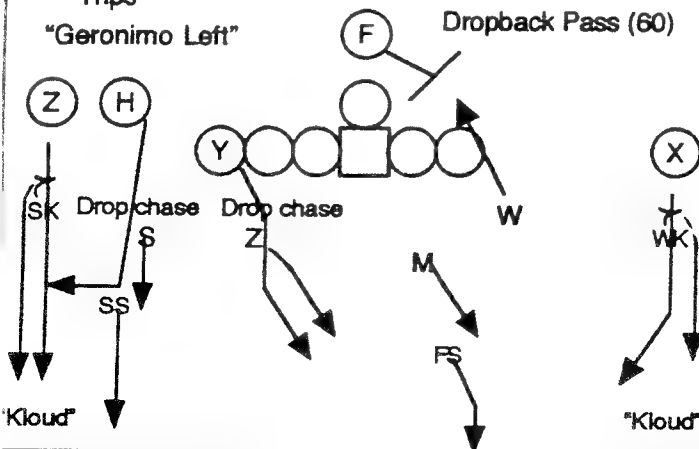
3

4

Trips

"Geronimo Left"

Dropback Pass (78)



Motion to Odd Strong

"Geronimo Left"

Dropback Pass (60)

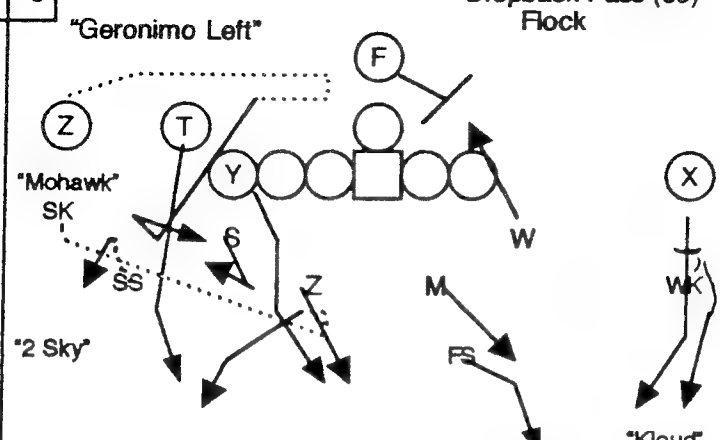
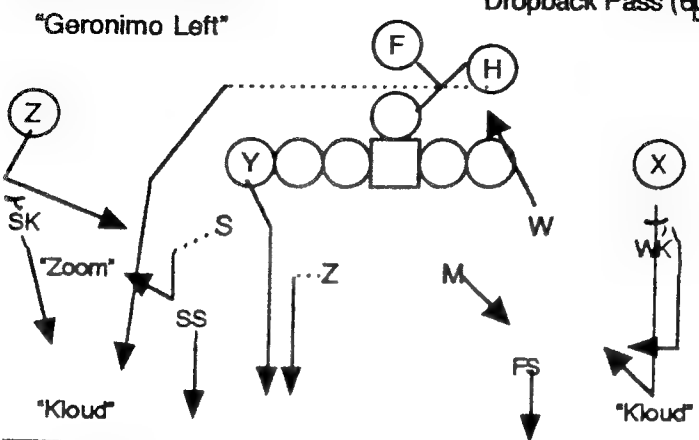
5

6

"Geronimo Left"

Dropback Pass (60)

Flock



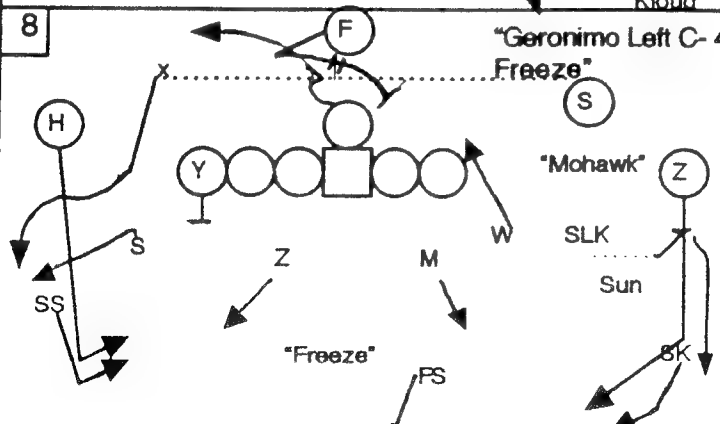
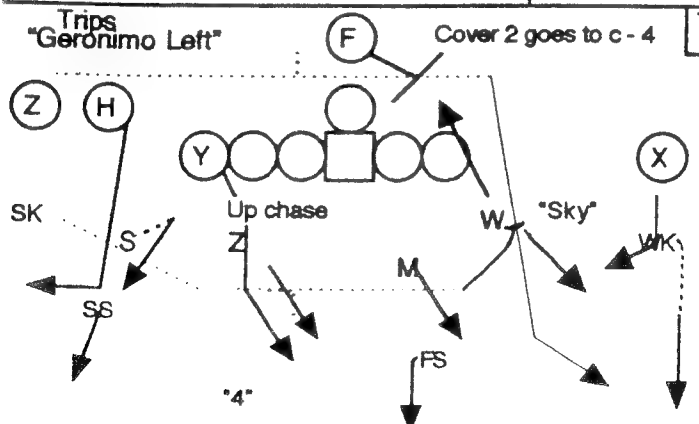
Trips
"Geronimo Left"

Cover 2 goes to c - 4

7

8

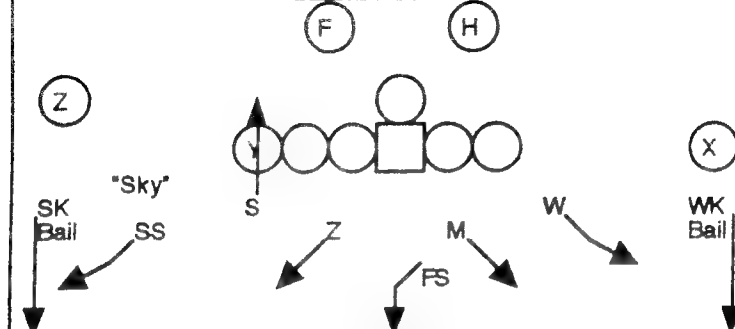
"Geronimo Left C-4;
Freeze"



Cover 4

Vs. Normal

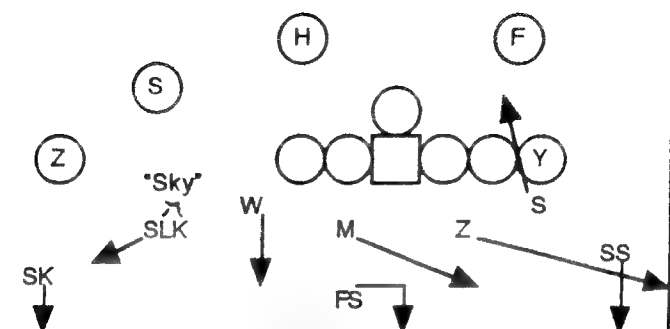
Sam Shoot Jam



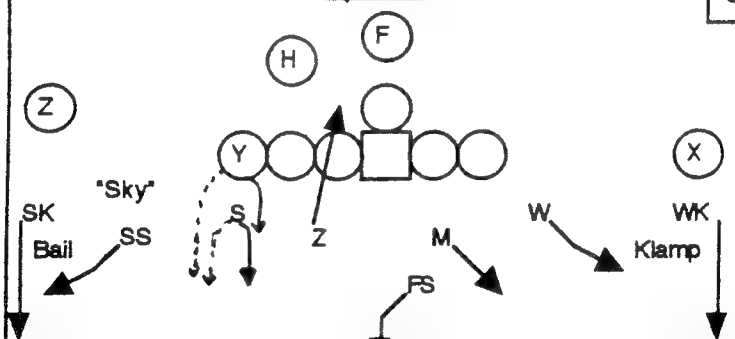
1 2

Vs. Slot

Sam Shoot Pinch

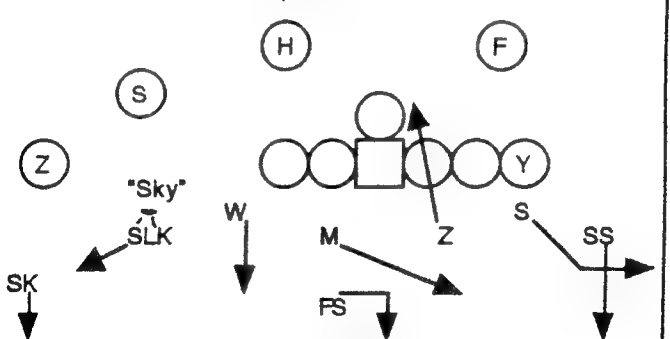


Zip Shoot

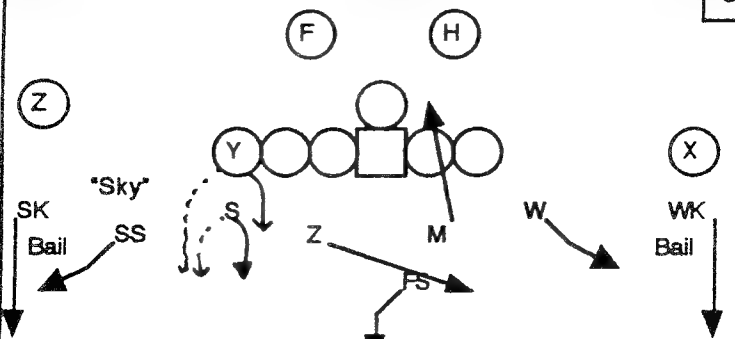


3 4

Zip Shoot

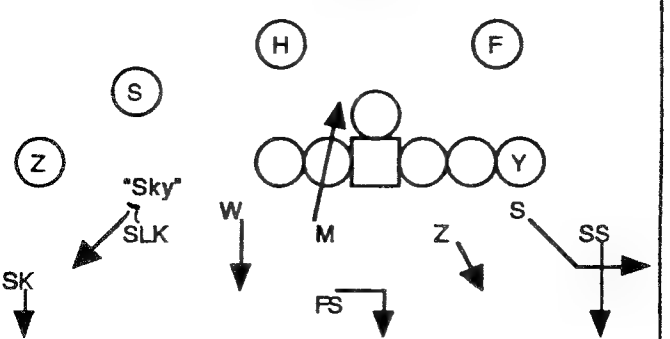


Mike Shoot



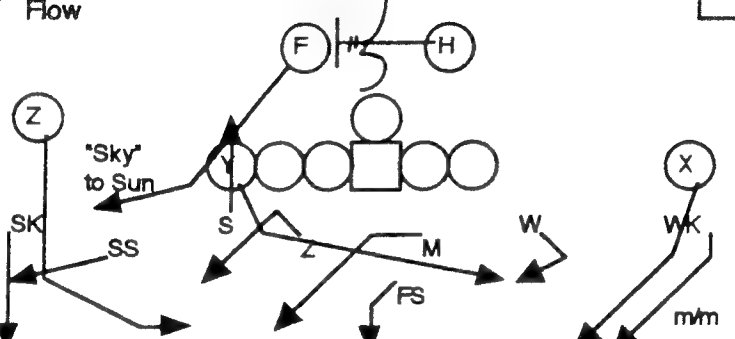
5 6

Mike Shoot



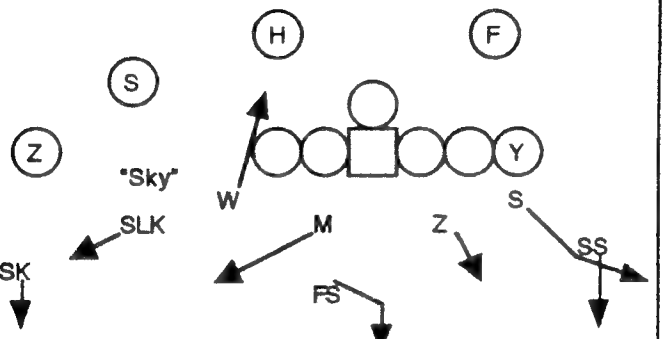
Flow

Sam Shoot Pinch



7 8

Will Shoot (2-4)



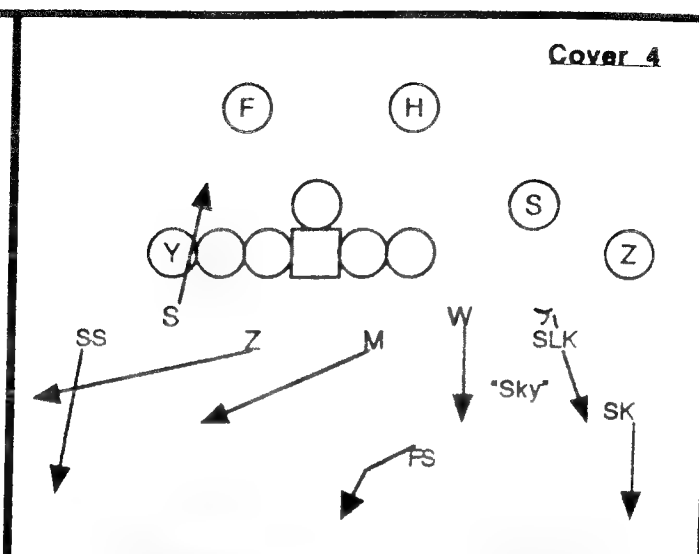
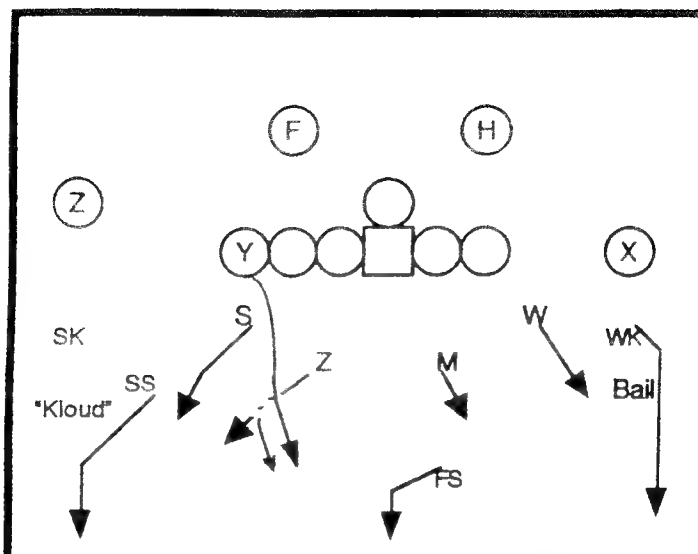
VARIATIONS

1. Dog Middle
2. 4 Blanket
3. N.E. 4

9 10

TECHNIQUE VARIATIONS

1. Straight Line
2. N.E. Post
3. Flow Strong (not Slots)
4. Fence
5. Up chase
6. Geronimo Slide the LBers

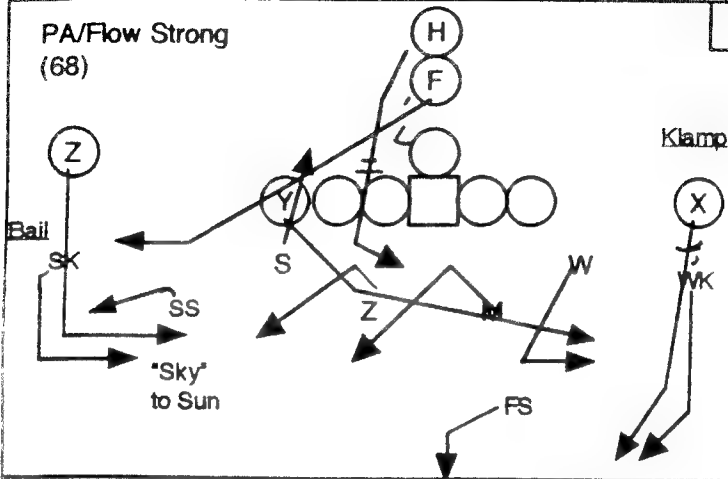


	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
SAM (S)	Front Called	Front Called Force called	1. Shoot 2. Inside divider 3. Split inside divider 4. Outside divider	<u>Strong:</u> Split inside divider <u>Weak:</u> Same as dropback
ZIP (Z)	Front Called	Front Called	1. Shoot 2. Inside divider 3. Split inside divider 4. Outside divider	<u>Strong:</u> Split inside divider <u>Weak:</u> Same as dropback
MIKE (M)	Front Called	Front Called	1. Shoot 2. Inside divider 3. Split inside divider	<u>Strong:</u> Split inside divider <u>Weak:</u> Same as dropback
WILL (W)	1. Front Called 2. Walk	1. Backer force 2. Fill - Slot	1. Shoot 2. Outside divider 3. Inside divider 4. Split inside divider	<u>Strong:</u> Man on crosses <u>Weak:</u> Same as dropback
STRONG KORNER (SK)	1. Normal 2. Engage 3. Bump (bail)	1. Secondary force 2. Force	1. Third 2. Outside divider	<u>Strong:</u> Third or true outside divider <u>Weak:</u> Same as dropback
WEAK KORNER (WK)	1. Normal 2. Bump (bail; Klamp)	Secondary force	1. Third 2. Man on X (klamp)	<u>Strong:</u> Man on X <u>Weak P.A.:</u> same as dropback
SLOT KORNER (SLK)	1. Normal 2. Engage	Force	1. Outside divider 2. Third	Same as dropback
STRONG SAFETY (SS)	1. Normal (stem) 2. Sup ("Monster") 3. Engage 4. Hot	1. Force 2. Secondary force 3. Fill	1. Outside divider 2. Third 3. Inside divider	<u>Strong:</u> Sun or third <u>Weak P.A.:</u> same as dropback
FREE SAFETY (FS)	1. Normal 2. Strong 3. Odd formation position	Fill	Post - Read QB, pattern and receivers	Same as dropback

Cover 4

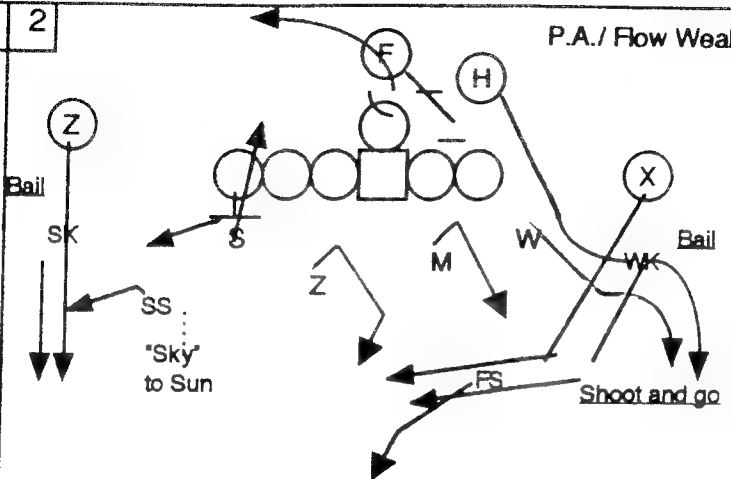
Cov.4 adj. p1

PA/Flow Strong
(68)



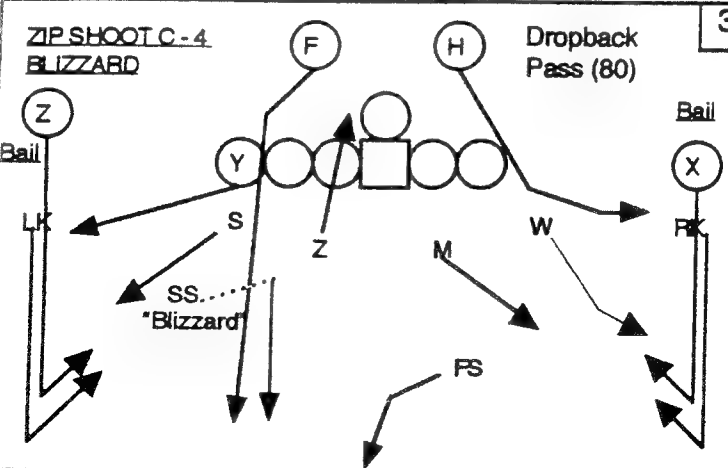
1 2

P.A./ Flow Weak



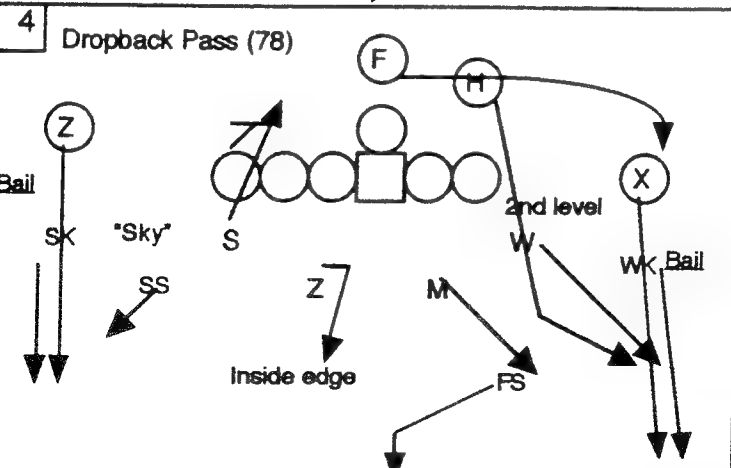
ZIP SHOOT C-4
BLIZZARD

Dropback
Pass (80)

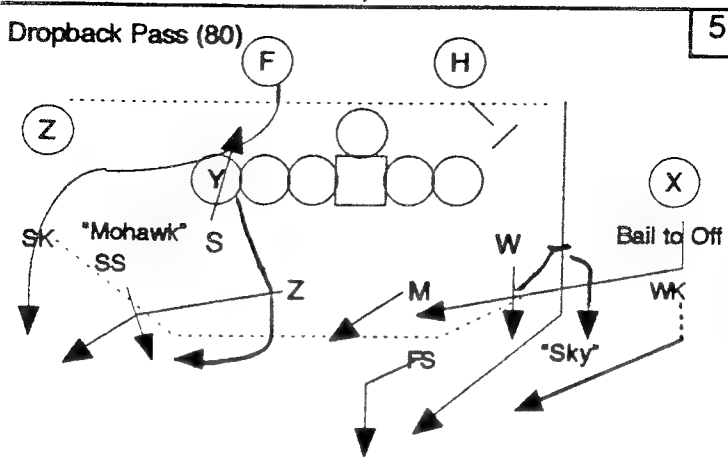


3 4

Dropback Pass (78)

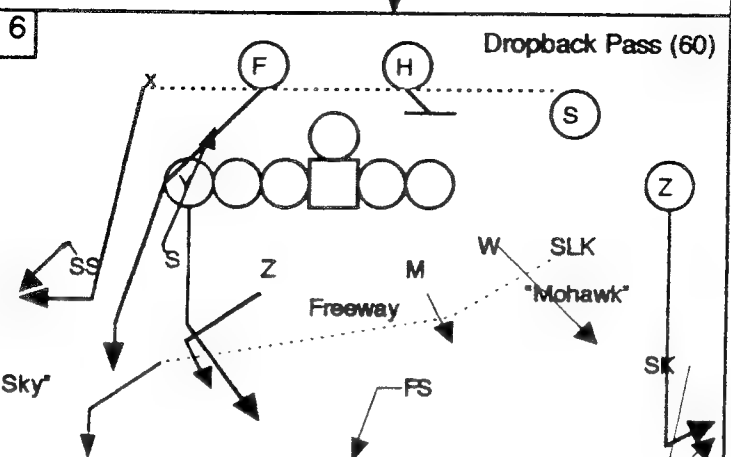


Dropback Pass (80)

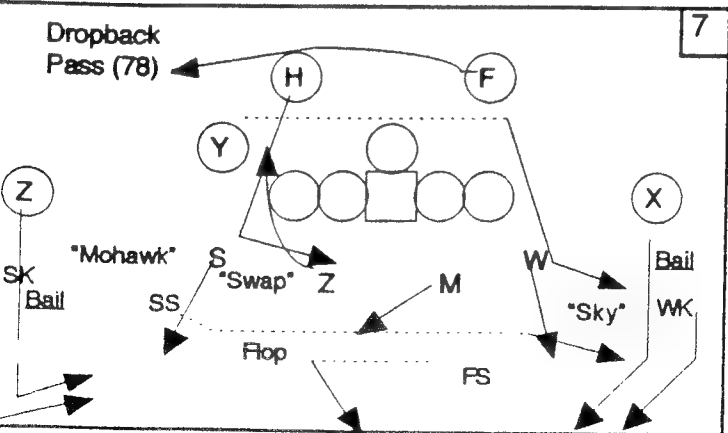


5 6

Dropback Pass (60)

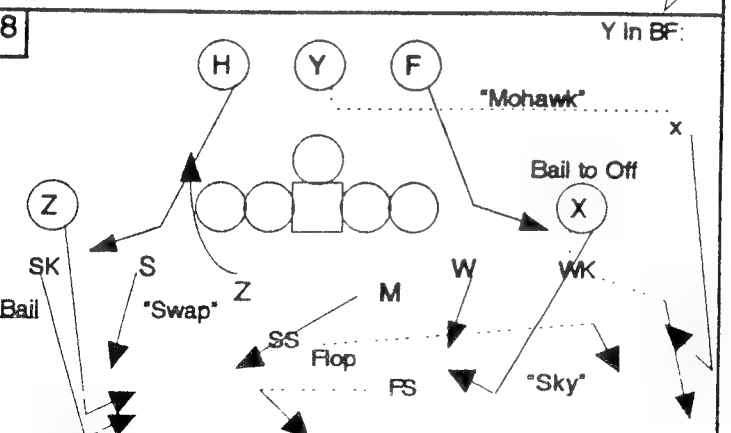


Dropback
Pass (78)

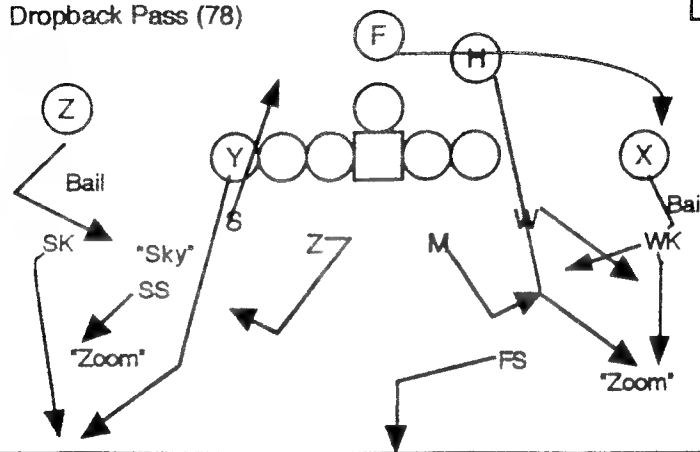


7 8

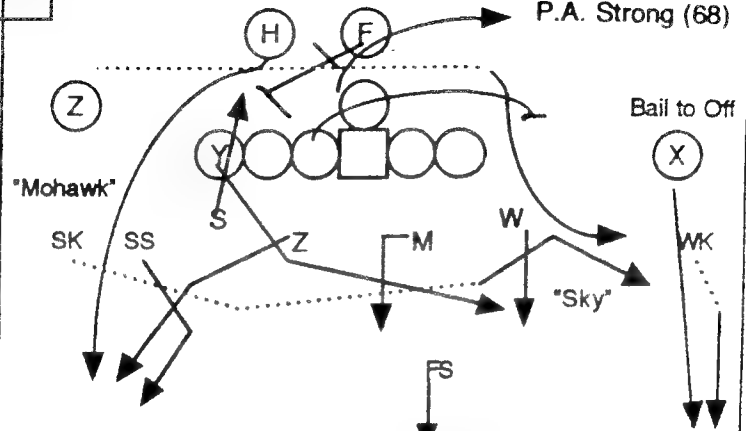
Y In BF:



Dropback Pass (78)

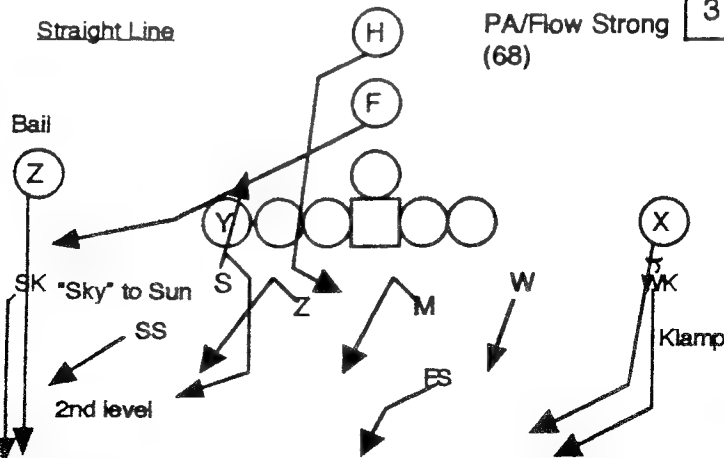


P.A. Strong (68)



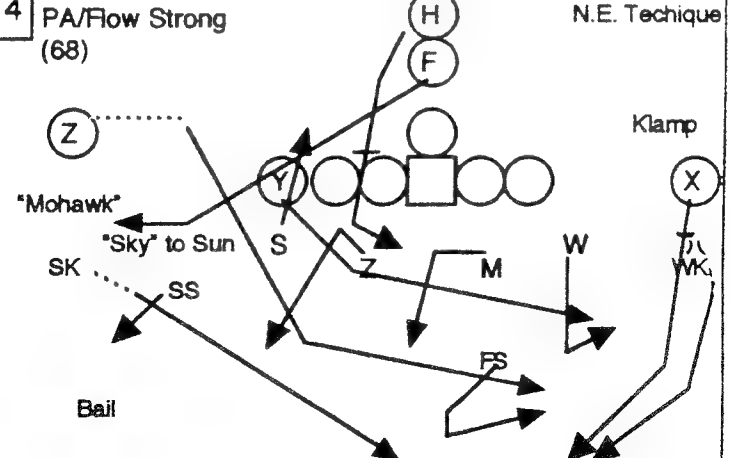
Straight Line

PA/Flow Strong (68)



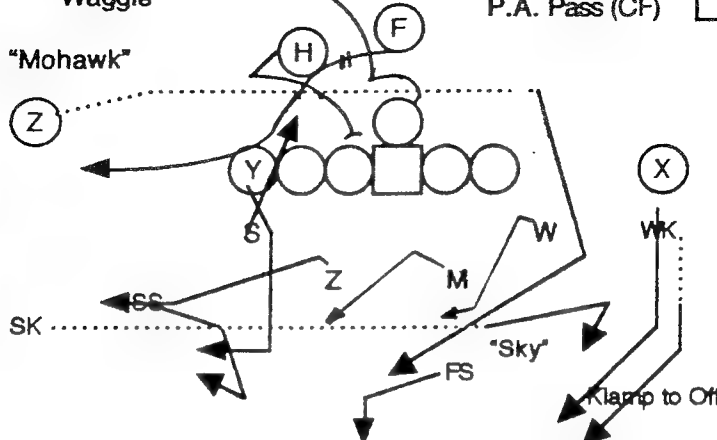
PA/Flow Strong (68)

N.E. Technique

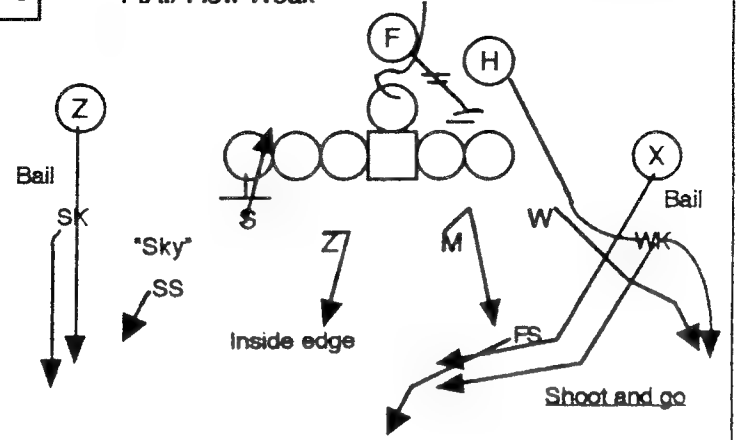


Waggle

P.A. Pass (CF)

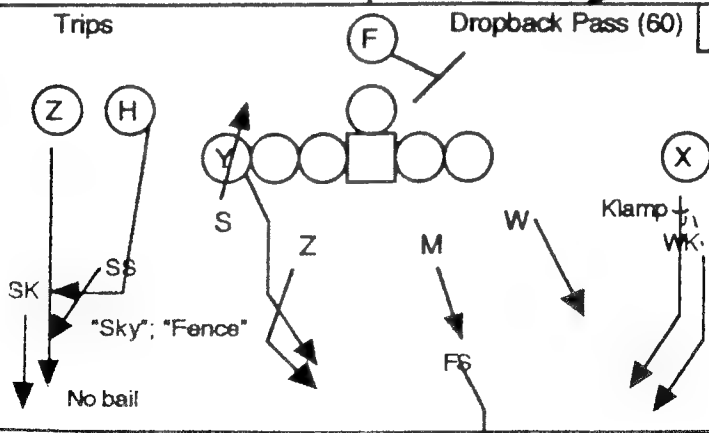


P.A./ Flow Weak



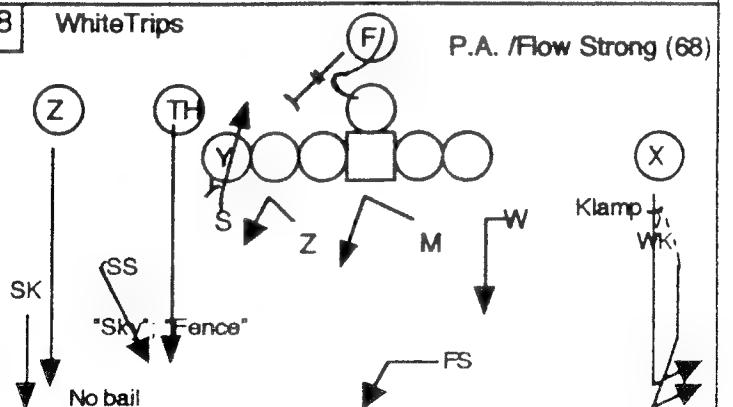
Trips

Dropback Pass (60)

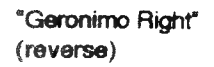


WhiteTrips

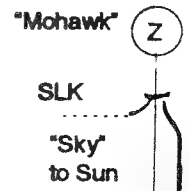
P.A. /Flow Strong (68)



1	2
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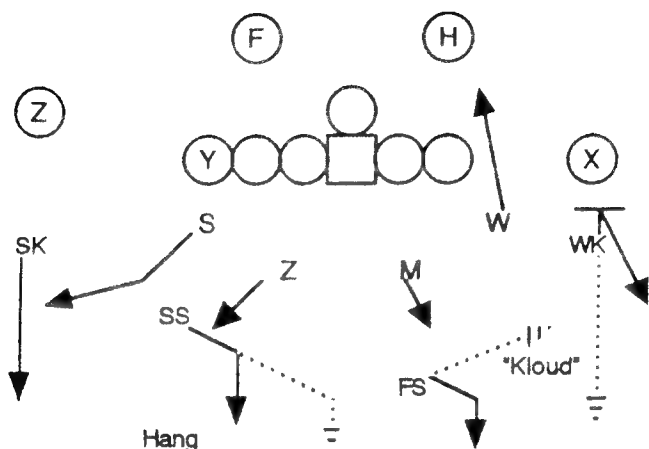


3	4
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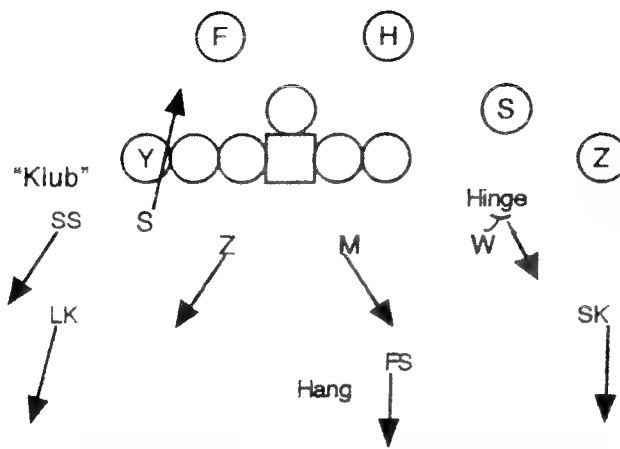
Will Shoot Freeze Zone

"Raider"



"LA"

Sam Shoot Freeze Zone



	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
SAM (S)	Front Called	1. Shoot 2. Force 3. Fill	1. Shoot 2. Outside divider 3. Inside divider	Same as dropback (No rules)
ZIP (Z)	Front Called	Front Called	1. Inside divider 2. Outside divider 3. Shoot 4. Possible up chase	Same as dropback (No rules)
MIKE (M)	Front Called	Front Called	1. Inside divider 2. Outside divider 3. Shoot	Same as dropback (No rules)
WILL (W)	Front Called	1. Shoot 2. Force 3. Fill	1. Shoot 2. Outside divider 3. Inside divider	Same as dropback (No rules)
STRONG KORNER (SK)	1. Normal 2. Bump (bail) 3. Engage	1. Secondary force 2. Force	1. Third 2. Outside divider	Same as dropback
WEAK KORNER (WK)	1. Normal 2. Bump (bail; Klamp) 3. Engage	1. Secondary force 2. Force	1. Third 2. Outside divider	Same as dropback
SLOT KORNER (SLK)		These are Stay Zones		
STRONG SAFETY (SS)	1. Normal 2. Shoulder 3. Sting (Hot) 4. Sup ("Monster")	1. Force 2. Fill 3. Secondary force	1. Outside divider 2. Third 3. Post or Hang 4. Inside divider	Same as dropback
FREE SAFETY (FS)	1. Normal 2. Sting 3. Odd formation position 4. Head on slot	1. Force 2. Fill 3. Secondary force	1. Outside divider 2. Third 3. Post or Hang 4. Inside divider	Same as dropback

Variations

1. Sam - Zip
2. Mike - Will
3. Rip
4. Liz

Also Bandit

Base

4 LB Drop

1. Viking Sam - Zip
2. Viking Mike - Will
3. 44 Zone

8 man fronts

Call Zone

L.O.S. Call

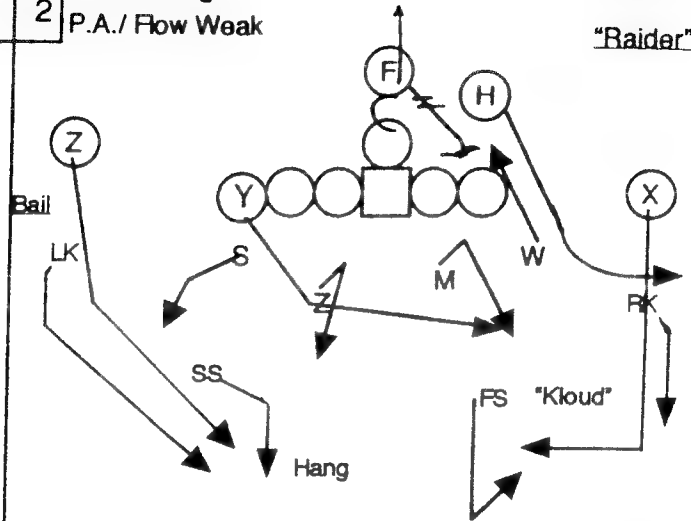
Blanket

4 Deep Zone

1 2

P.A./ Flow Weak

"Raider"



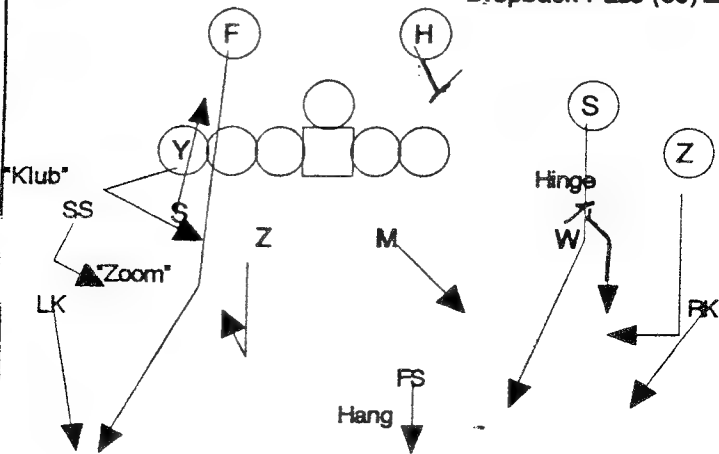
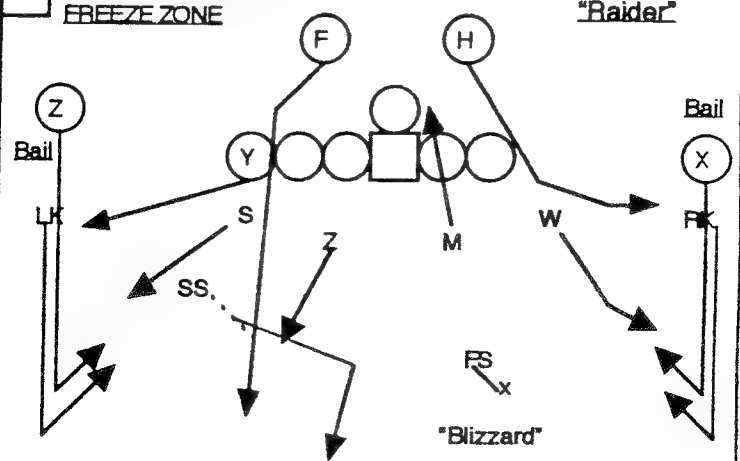
"LA"

Dropback Pass (60)

3

4 MIKE SHOOT BLIZZARD
FREEZE ZONE

"Raider"



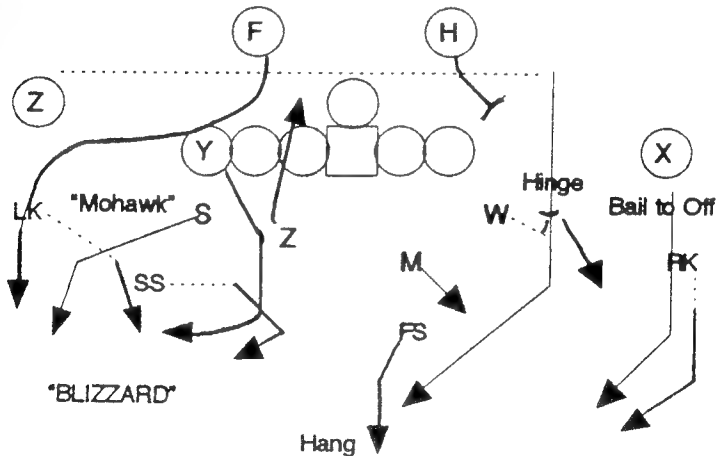
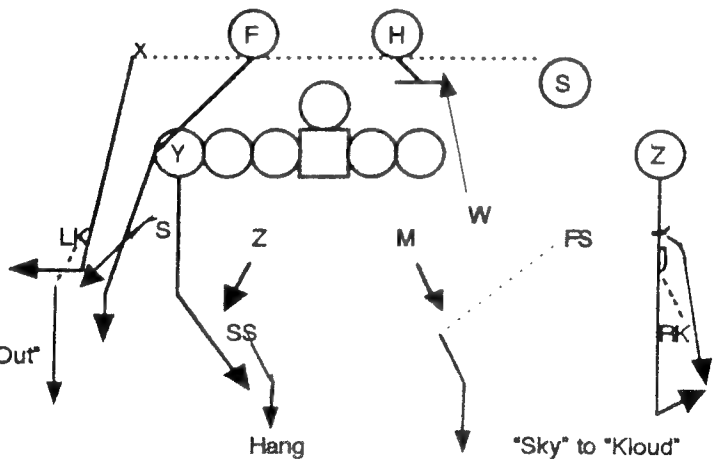
"LA"

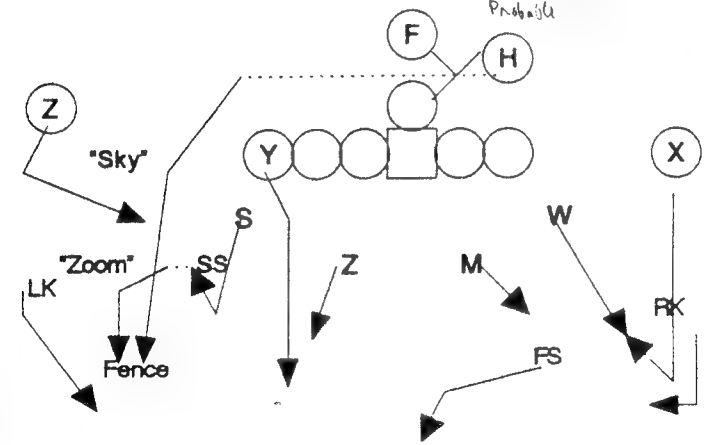
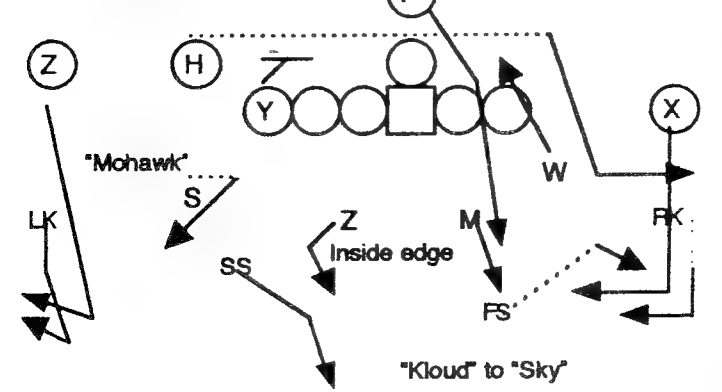
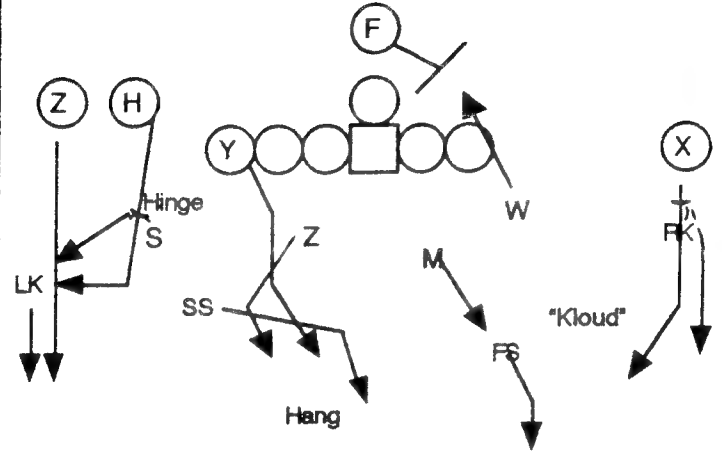
ZIP SHOOT BLIZZARD
FREEZE ZONE

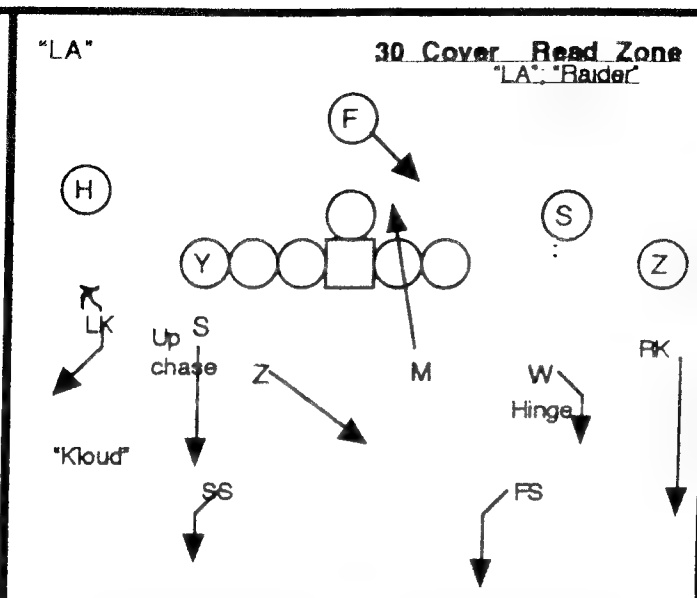
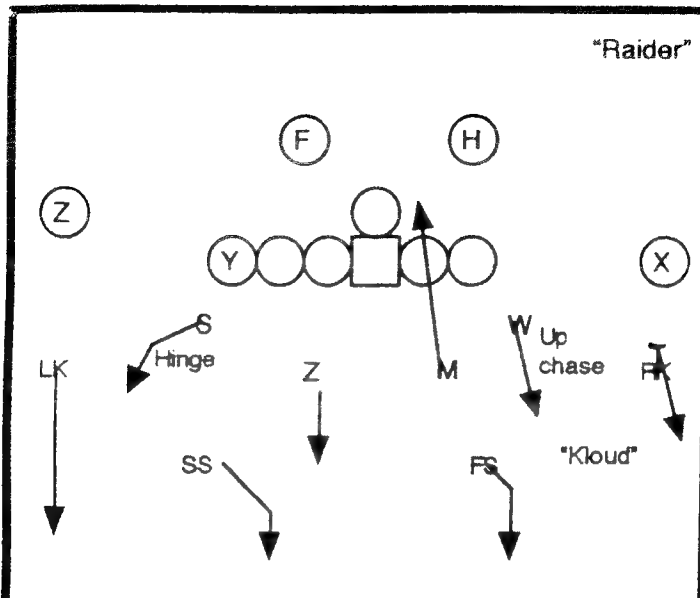
5

6 Dropback Pass (60)

"Raider"





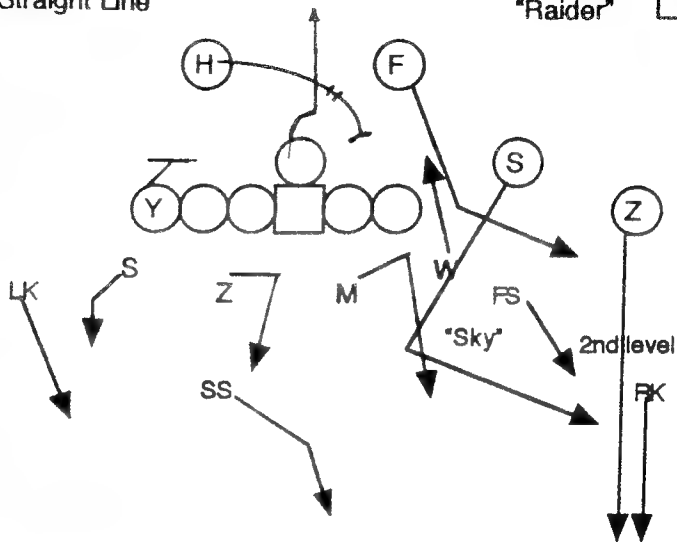


	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
Read Side (Hinge) Backer (S or W)	1. Toss 2. Walk on # 2	Backer Force	Hinge to Outside Divider	Same as Dropback
Middle Backer (Z or M)	Front Called	Front Called	1. Inside Divider to 3 receiver side; carry 3 2. Up chase	Same as Dropback
Call Side (Chase) Backer (S or W)	1. Base 2. Walk	Fill	1. Inside Divider 2. Up chase	Strong: Same as Will in Cover 2 Weak: Same as dropback
Read Side Komer (SK)	1. Engage (Bail) 2. Bump (Bail) 3. Normal	Secondary force	Quarter	Same as Dropback
Read Side Safety (SS)	1. Shoulder 2. Head (on # 2 or # 3) (8 to 10 yds. deep)	Fill	Quarter; Keep leverage on #3 to #2 to #1 up to hash	Same as Dropback
Call Side Safety (FS)	1. Normal (8 to 10 yds. deep)	Secondary force	Half	Same as Dropback
Call Side Komer (WK)	1. Engage 2. Monster	Force	Outside Divider	Strong: Same as Cover 2 Weak: Same as dropback

Straight Line

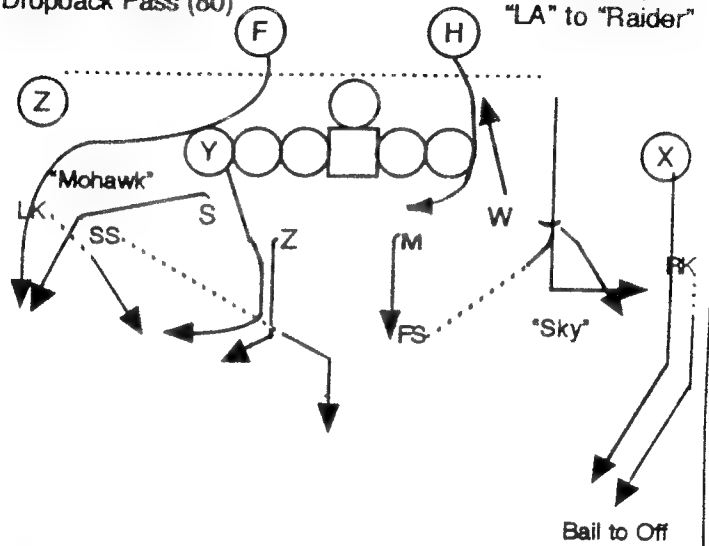
"Raider"

1 2



Dropback Pass (80)

"Liz" to "Rip"
"LA" to "Raider"

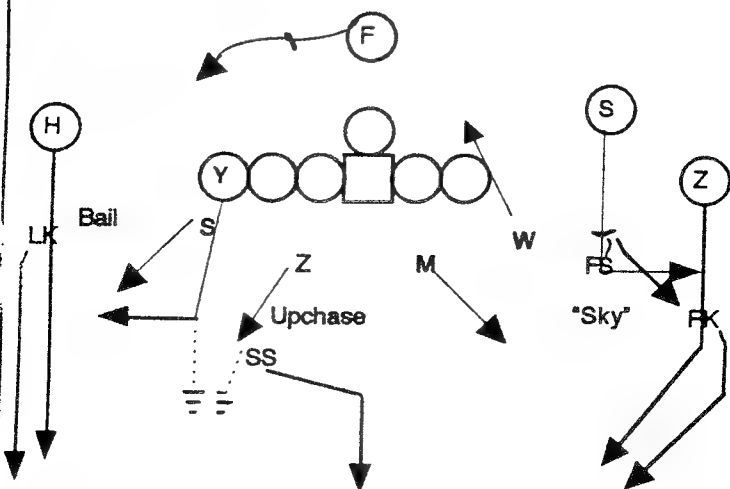


Bail to Off

Slot Double

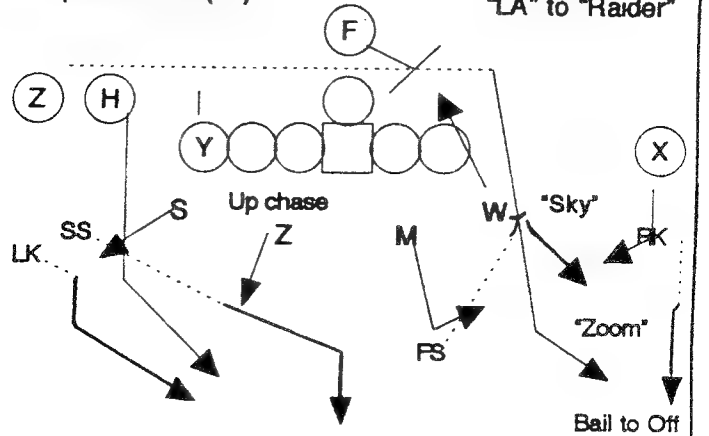
"Raider"

3 4



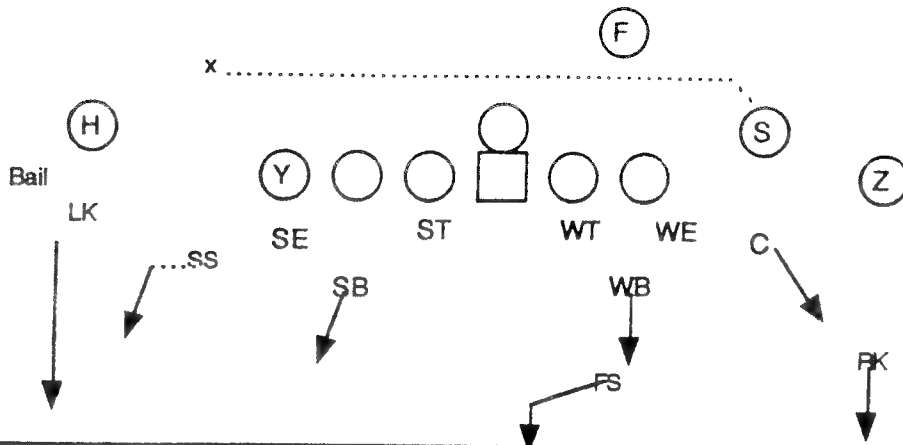
Trips
Dropback Pass (60)

"Liz" to "Rip"
"LA" to "Raider"

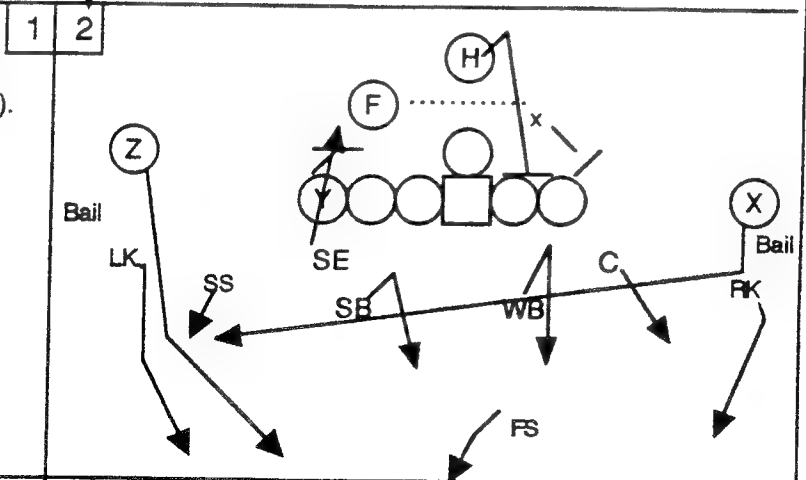


Bail to Off

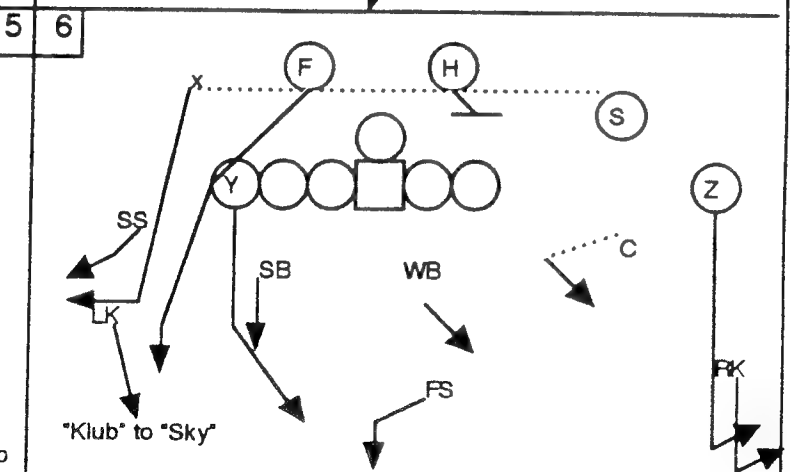
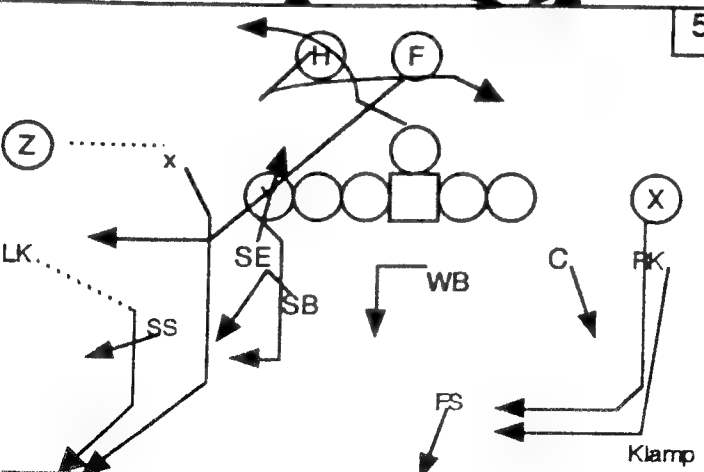
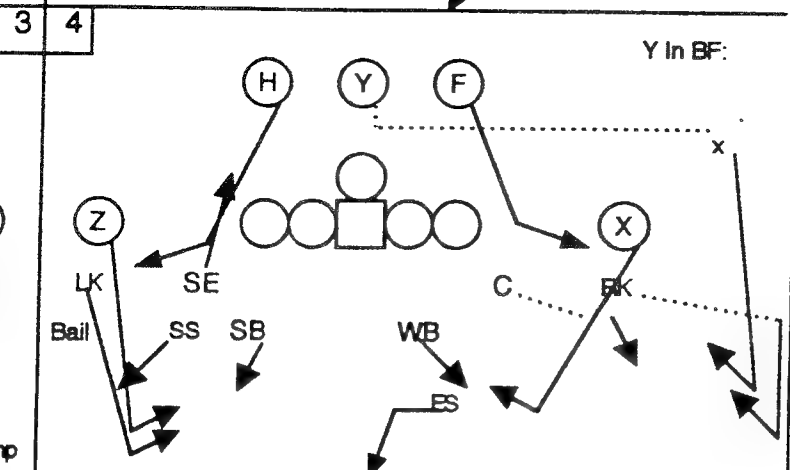
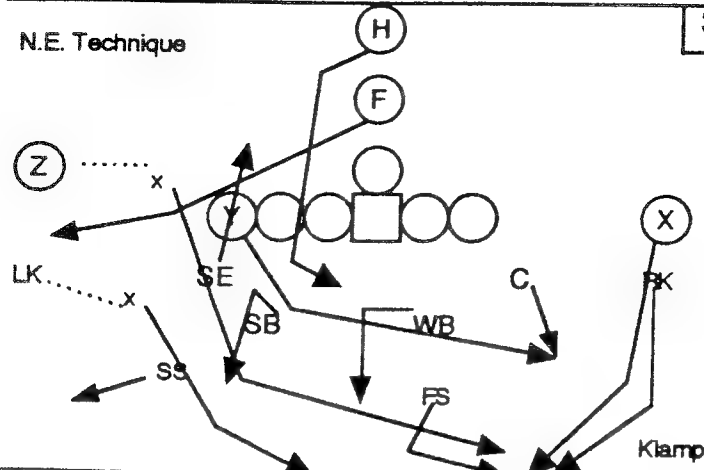
5 6



1. This is a 3 Deep Zone coverage with SS and Cougar Back always opposite (SS align to Y; CB align open side).
2. SS - Cougar Back Force and Outside Divider.
3. SB - WB always Inside Divider.
4. SS - Cougar can use Hinge Technique vs 2 detached receivers.
5. Korners Stay System.
6. Slot Double - SB Up chase TE.
7. We will also use this coverage with Big Cougar.



N.E. Technique



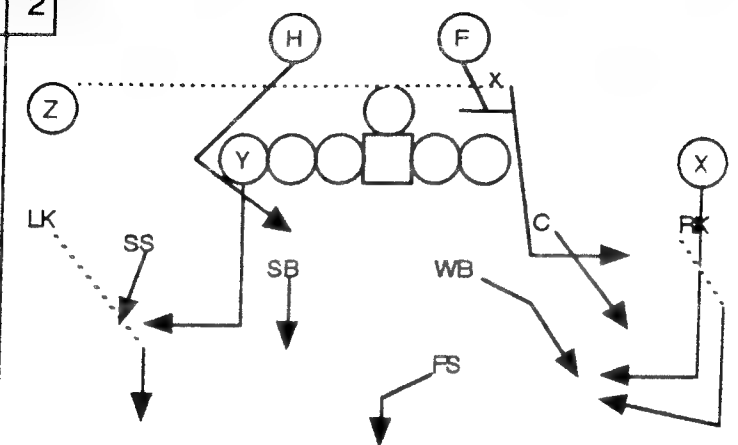
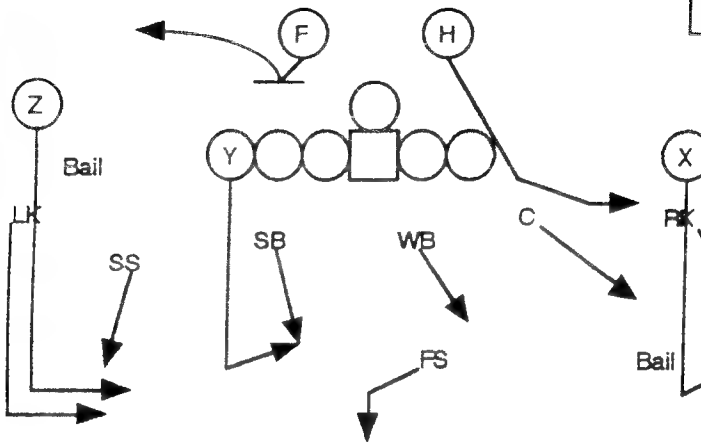
Cov. Read Zone adj. p1



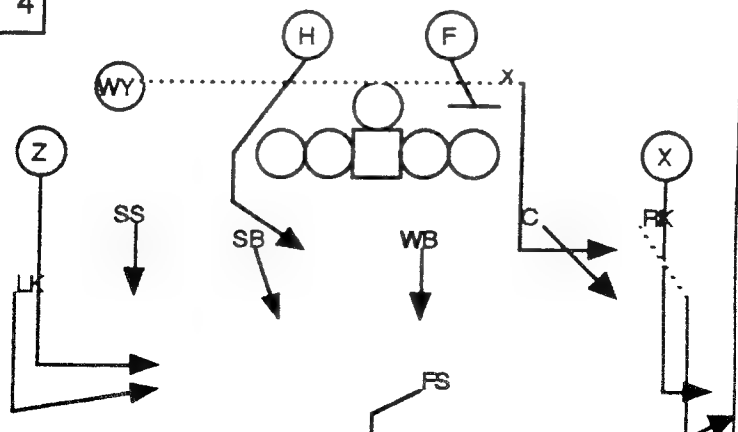
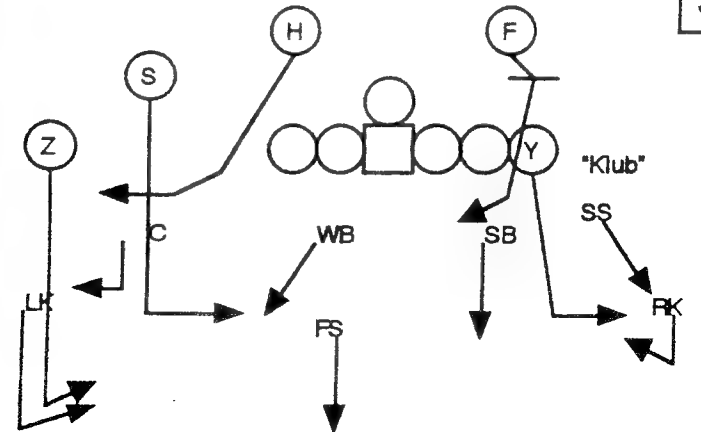
COUGAR ZORRO

Cougar Zorro adj. p2

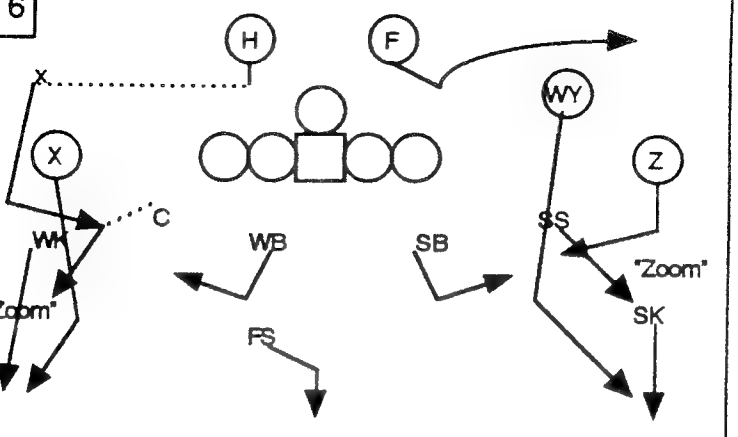
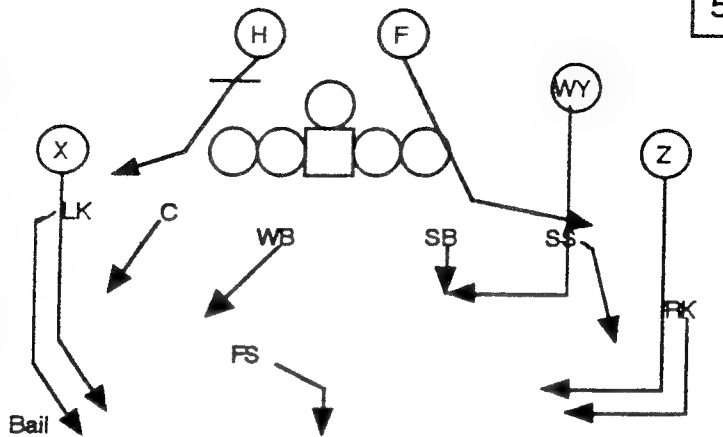
1 2



3 4



5 6



7 8

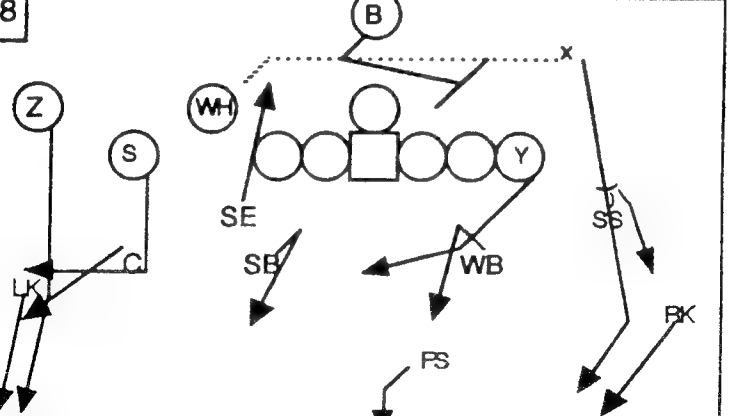
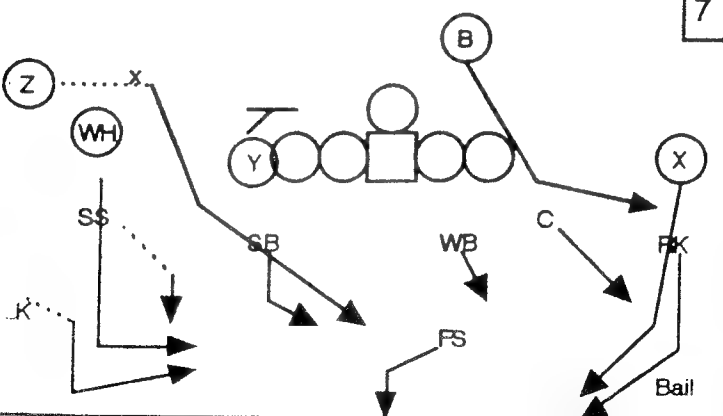


Diagram illustrating a genetic cross for the sex-linked trait of eye color in *Drosophila melanogaster*. The female parent (F) is homozygous dominant (X^WX^W) and has white eyes. The male parent (M) is heterozygous (X^wY) and has red eyes. The cross is shown as X^WX^W x X^wY. The gametes are X^W and X^w from the female, and X^W and Y from the male. The offspring are X^WX^w (white-eyed female) and X^WY (white-eyed male).

-

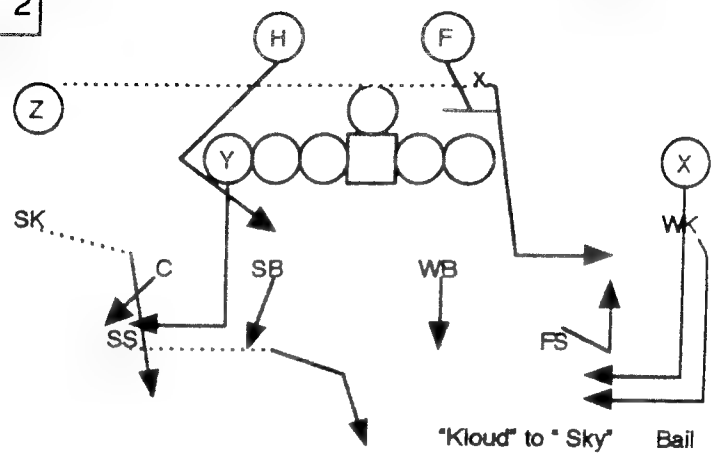
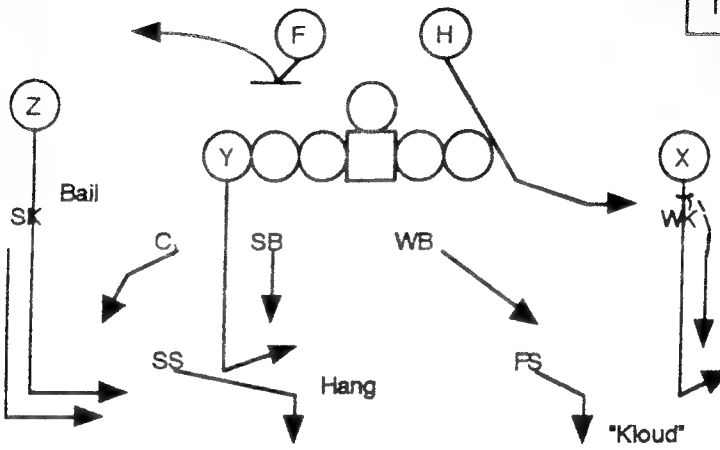
- [illegible]

-
- Diagram illustrating a sequence of nodes and transitions:
- Nodes: F, H, S, Y, Z (circles); a central row of five circles with a square in the middle.
 - Transitions/Labels: Wk, SB, FS, WB, SS, C, Sk, Sun.
 - Other elements: A box containing '5' and '6'; a label "klub" to "Sky".

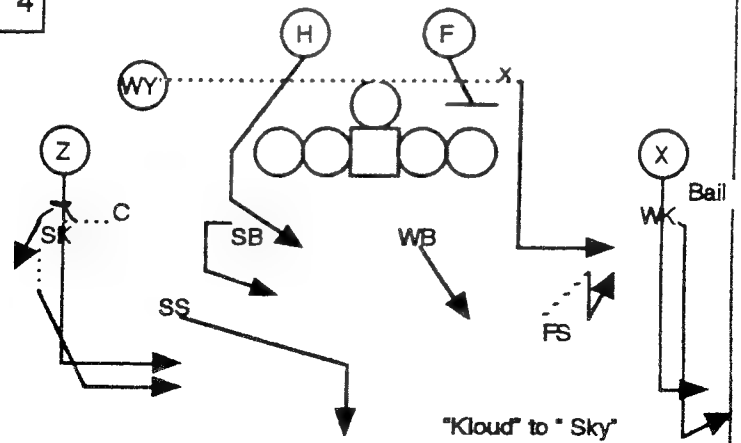
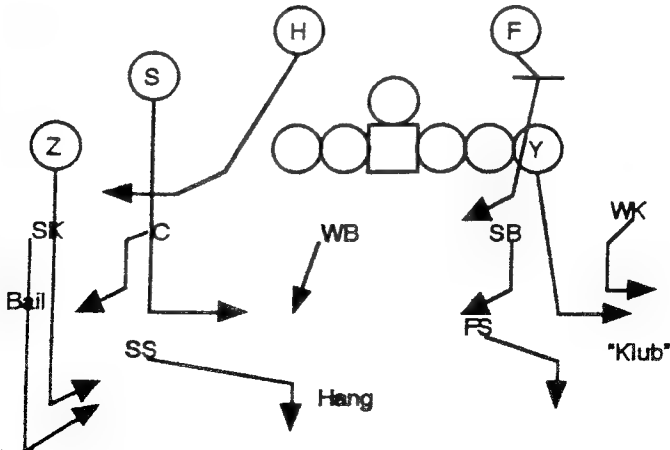
COUGAR ZONE

Cougar Zone adj. p2

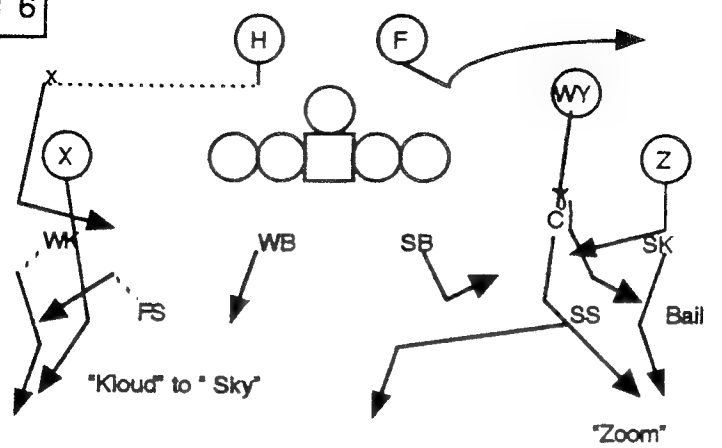
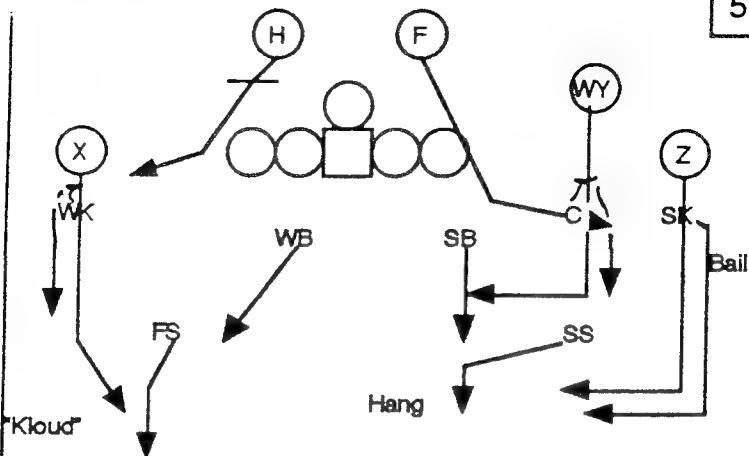
1 2



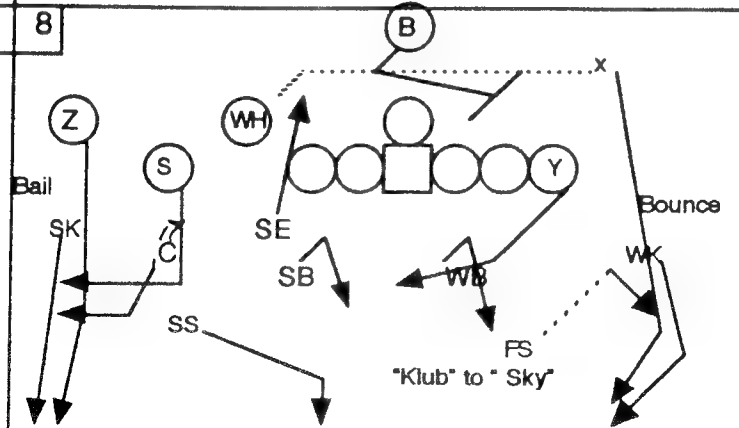
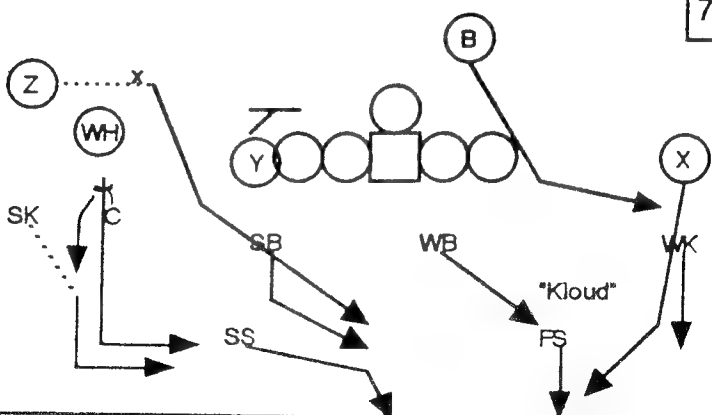
3 4



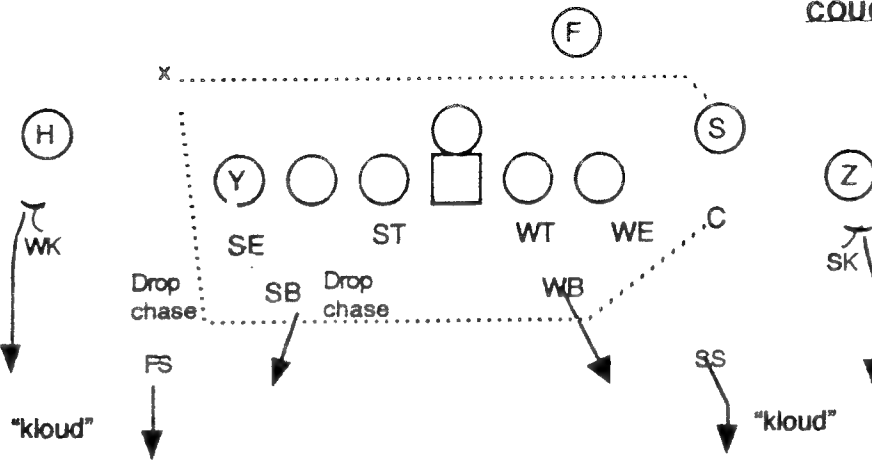
5 6



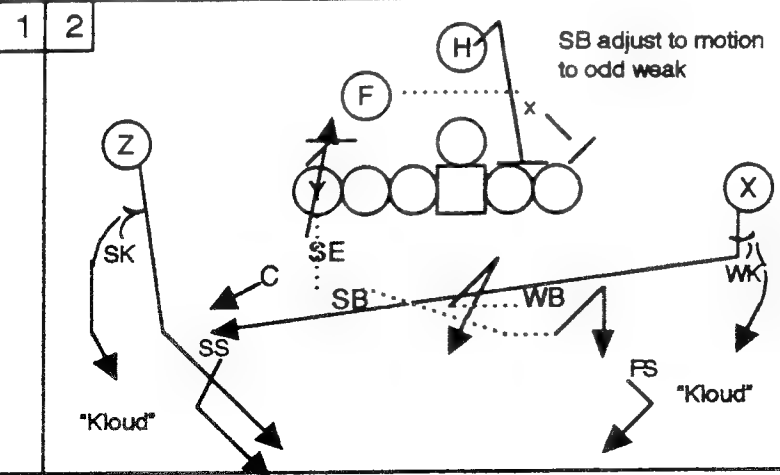
7 8



COUGAR DOUBLE ZONE

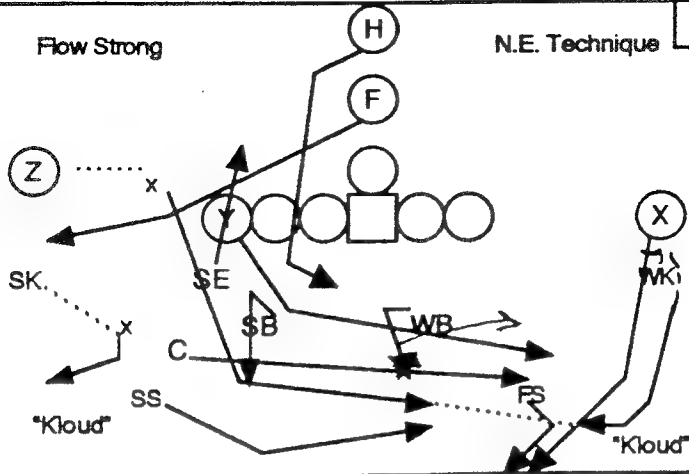


1. This is a 2 Deep Zone coverage, same as XX Double Zone.
2. Cougar Back lines up to pass strength side and Drop Chase #2 receiver.
3. SB is Inside Divider or Drop Chase on odd side.
4. WB is Inside Divider - possible Drop Chase if a man comes through your divider.
5. Corner Stay System.
6. Salties no Flop.
7. We will also use this coverage with Big Cougar.
8. Possible "Klamp" call.
9. Korners Force.

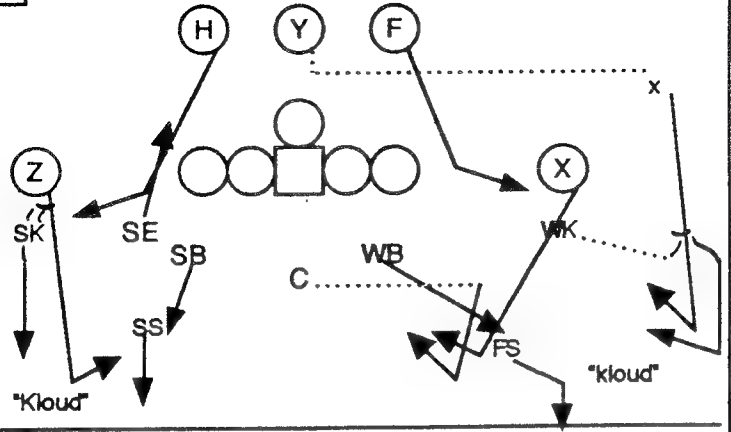


Flow Strong

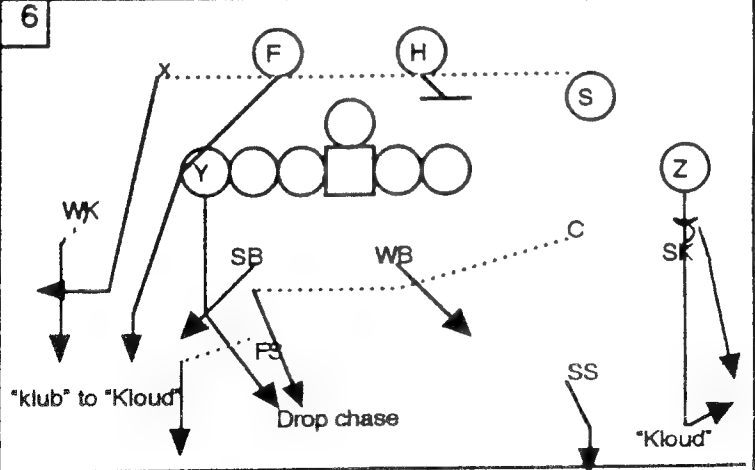
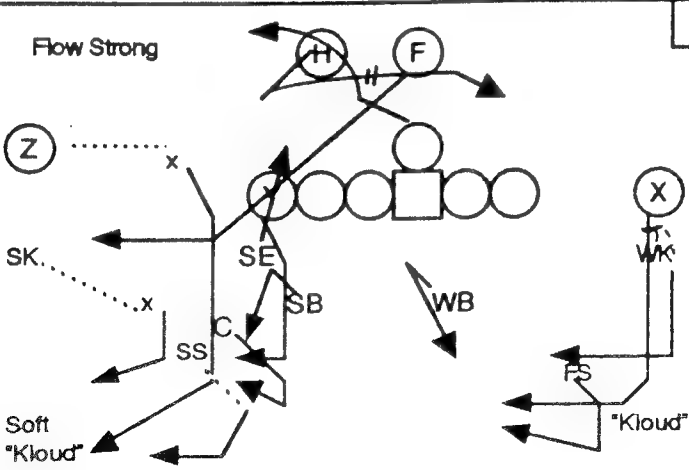
N.E. Technique



Y in BF:



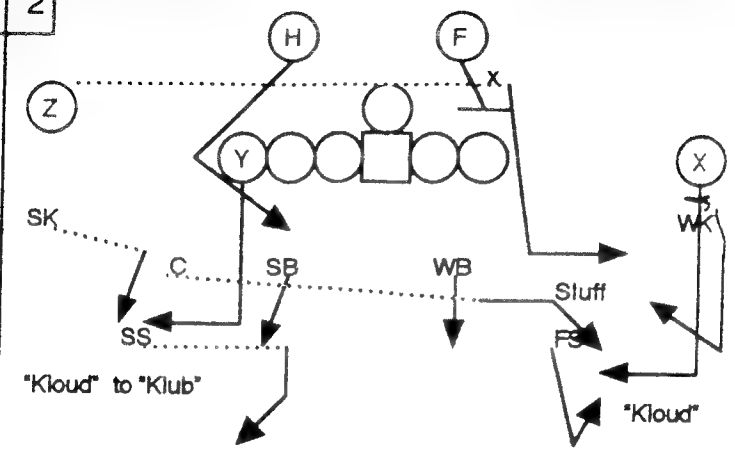
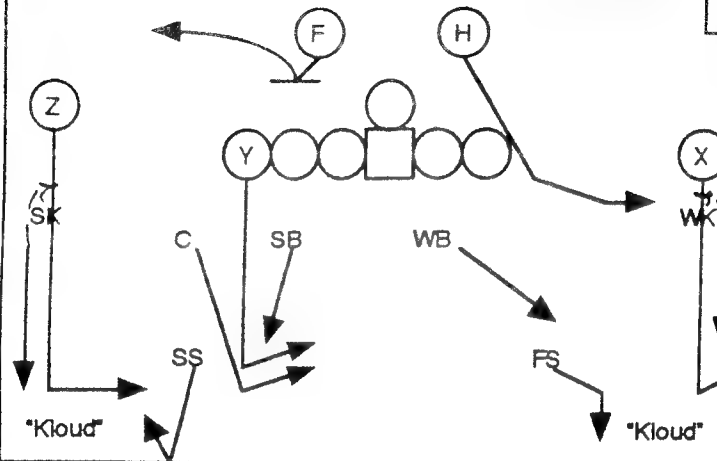
Flow Strong



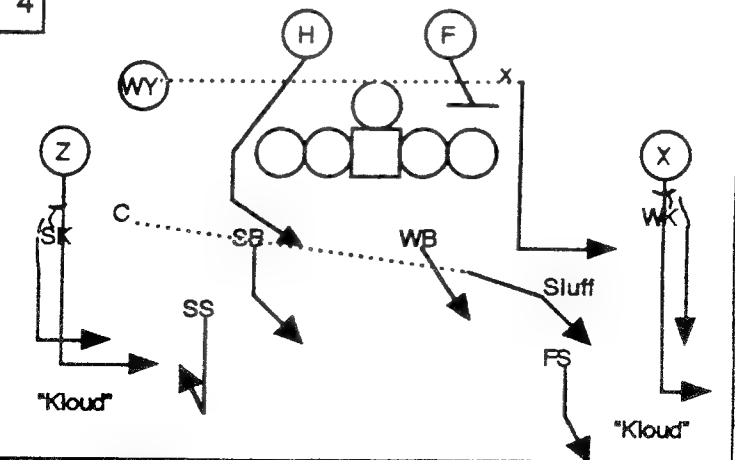
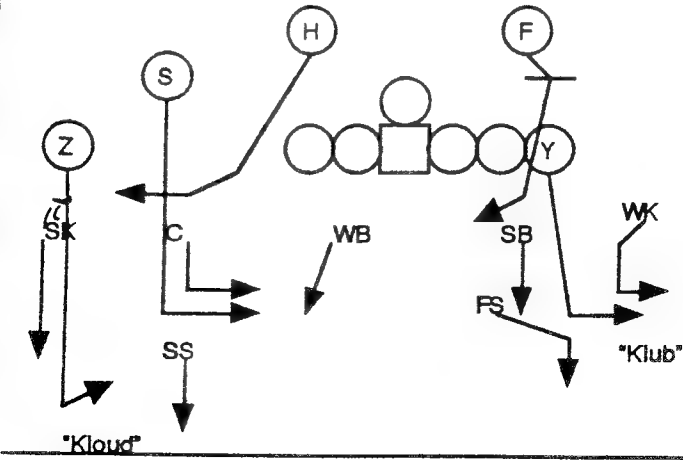
COUGAR DOUBLE ZONE

Cougar Double Zone adj. p2

1 2

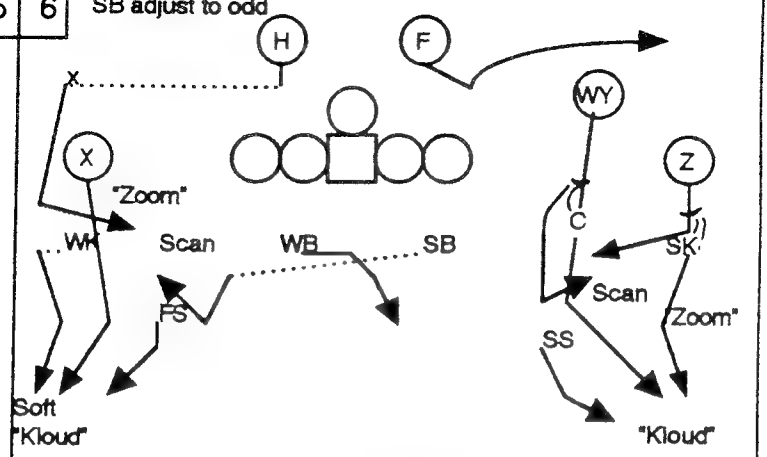
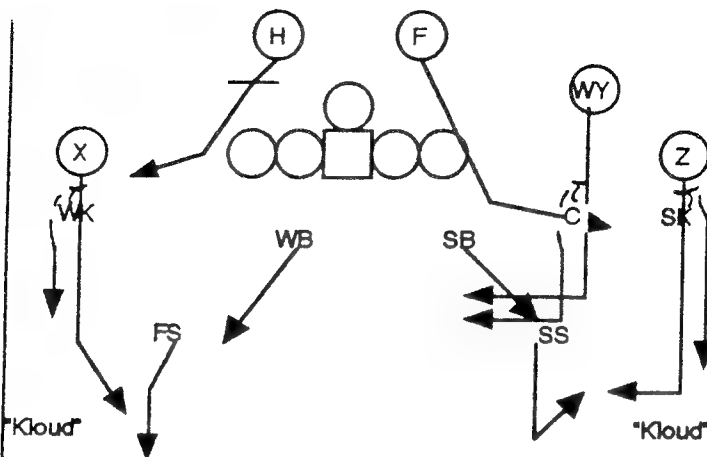


3 4

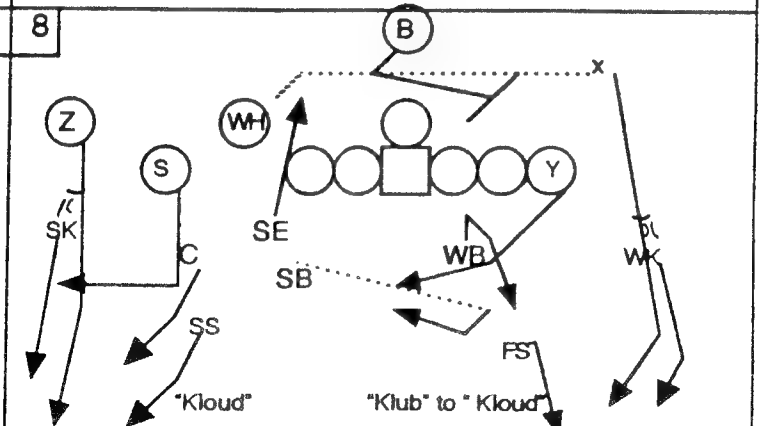
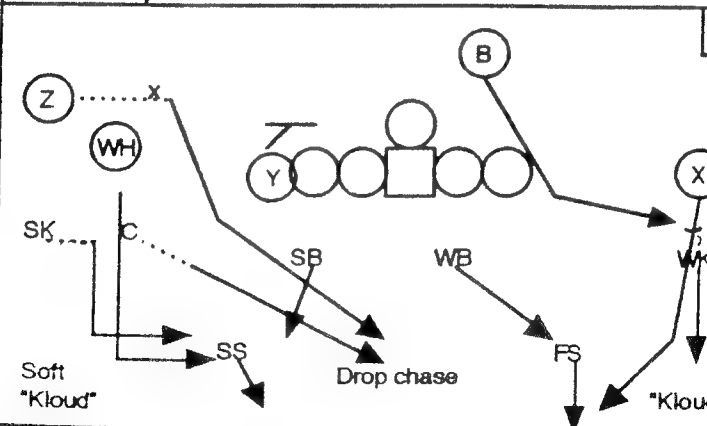


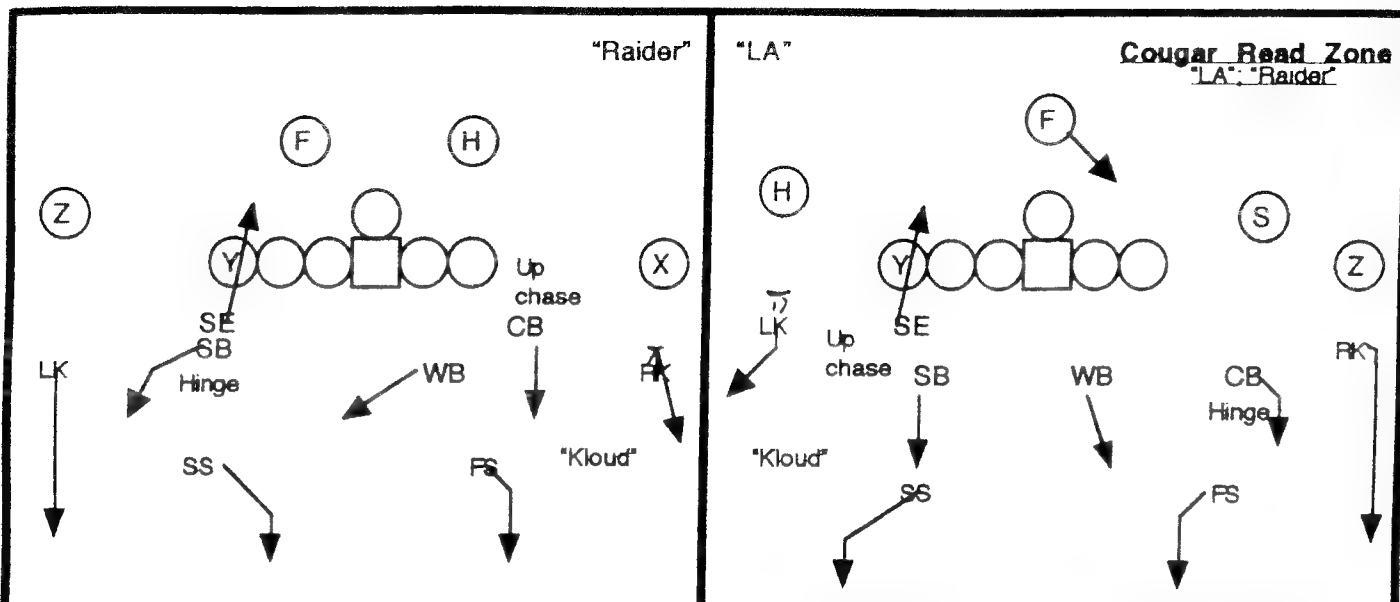
5 6

SB adjust to odd



7 8

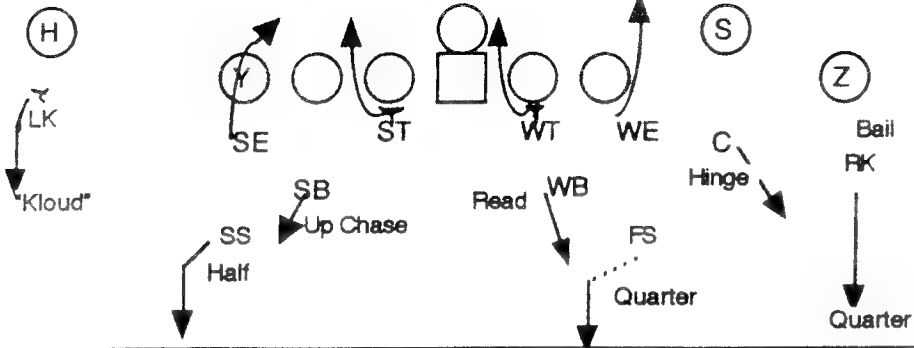




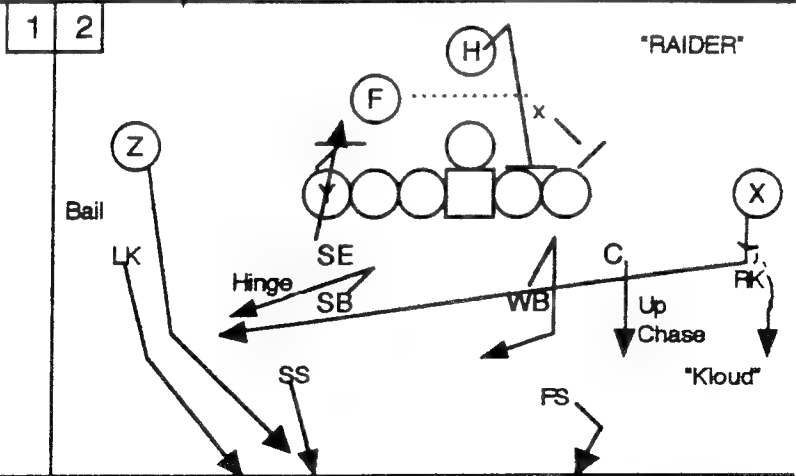
	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
Read Side (Hinge) Backer (SB or CB)	1. Toss 2. Walk on # 2	Backer Force	Hinge to Outside Divider	Same as Dropback
Middle Backer (WB)	Front Called	Front Called	1. Inside Divider to 3 receiver side; carry 3 2. Up chase	Same as Dropback
Call Side (Chase) Backer (SB or CB)	1. Base (Sup) 2. Walk on # 2	Fill	1. Inside Divider 2. Up chase	P.A. Strong: Same as Cover 2 P.A. Weak: Same as dropback
Read Side Korner (SK)	1. Engage (Bail) 2. Bump (Bail) 3. Normal	Secondary force	Quarter	Same as Dropback
Read Side Safety (SS or FS)	1. Shoulder 2. Head (on # 2 or # 3) (8 to 10 yds. deep)	Fill	Quarter; Keep leverage on #3 to #2 to #1 up to hash	Same as Dropback
Call Side Safety (FS or SS)	1. Normal (8 to 10 yds. deep)	Secondary force	Half	Same as Dropback
Call Side Korner (WK)	1. Engage 2. Monster	Force	Outside Divider	P.A. Strong: Same as Cover 2 P.A. Weak: Same as dropback

"LA"

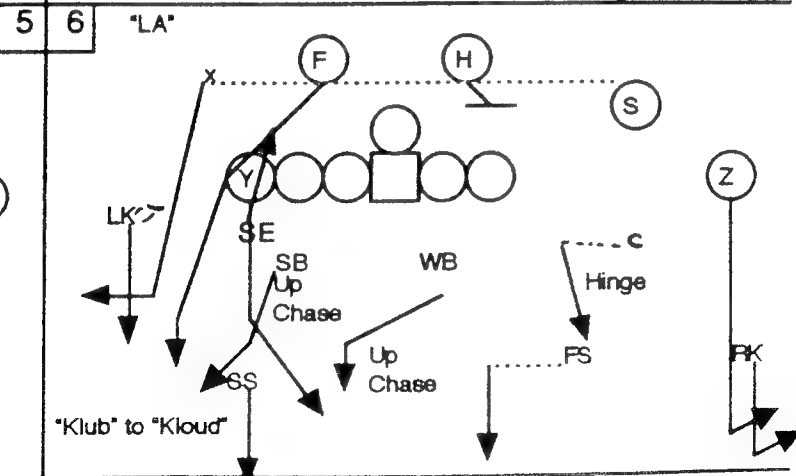
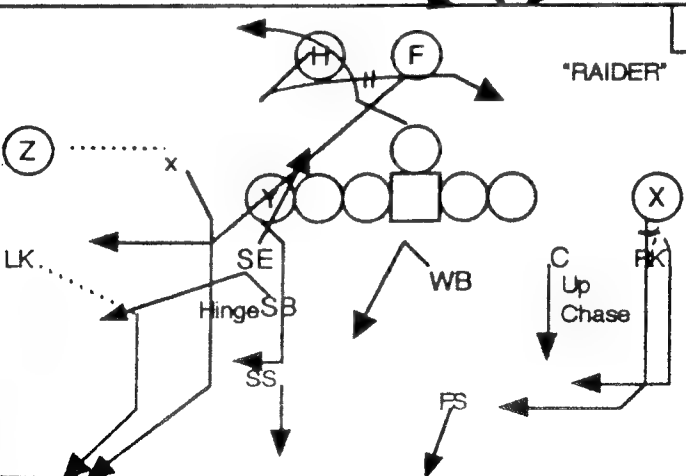
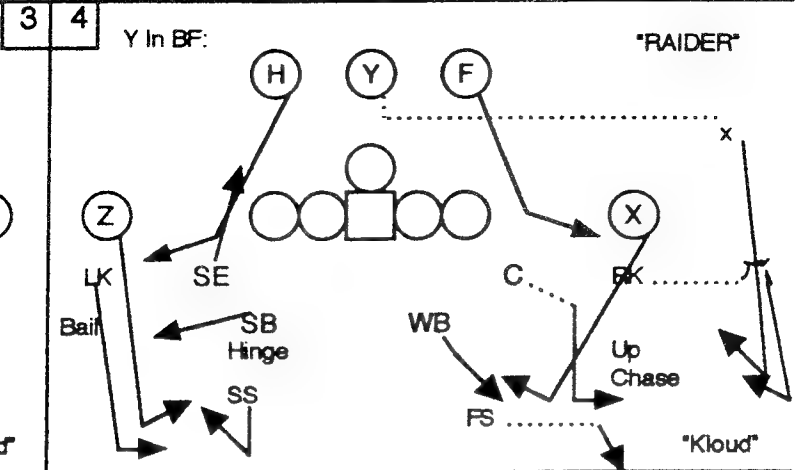
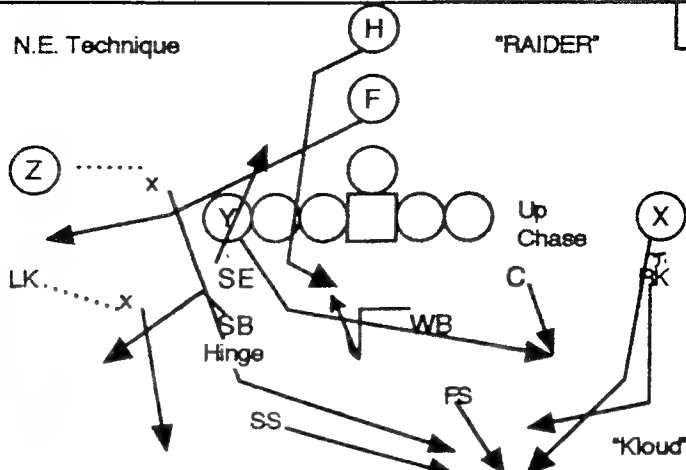
COUGAR READ ZONE

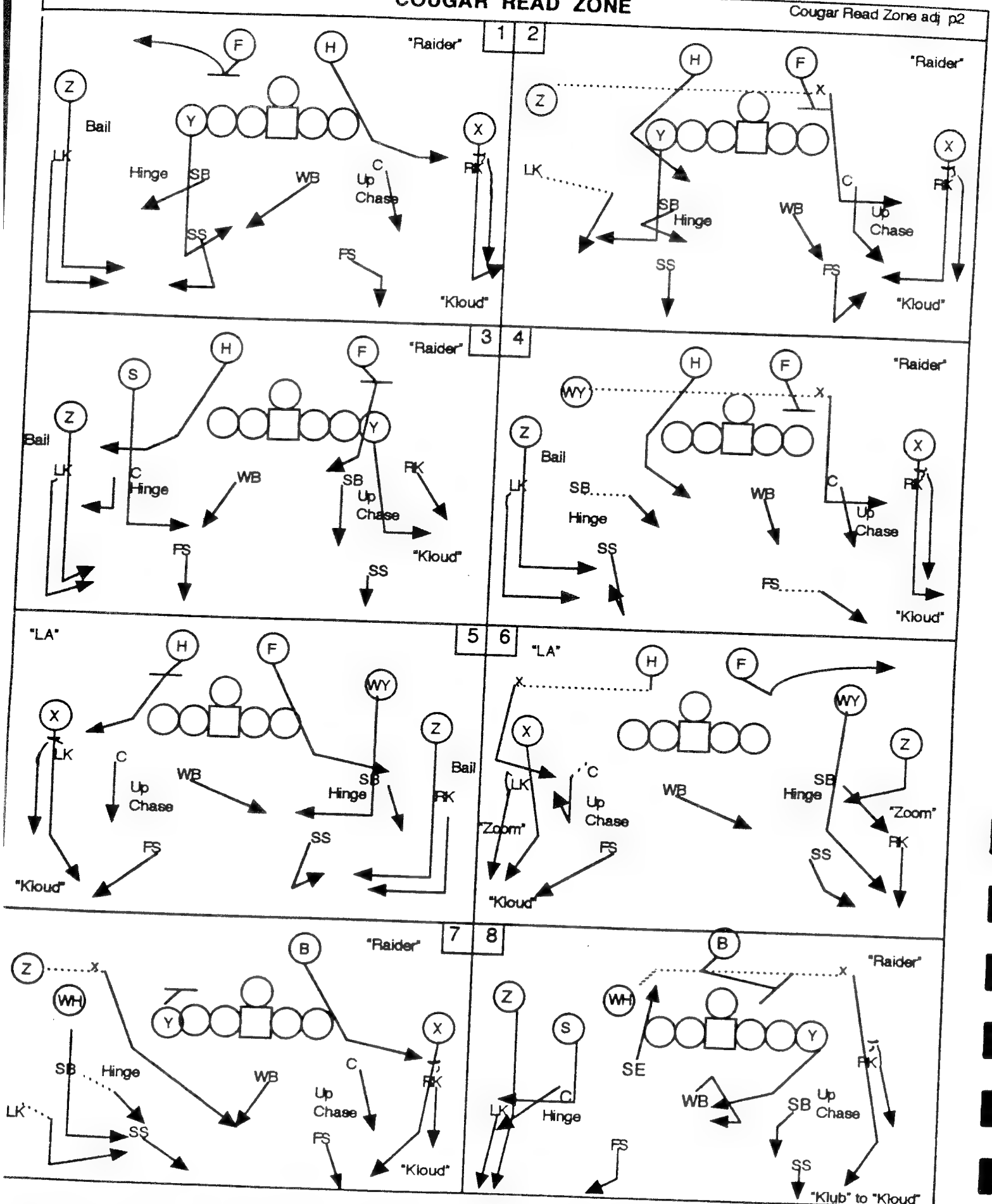


1. This is a Read Zone coverage with rotation away from pass strength.
2. SS and Cougar Back always opposite (SS align to Y; CB align open side).
3. Call side is Kormer Force; Read side is SB or CB Force (Hinge defender is Force).
4. WB always the Read Defender.
5. Kormers Stay System.
6. We will also use this coverage with Big Cougar.

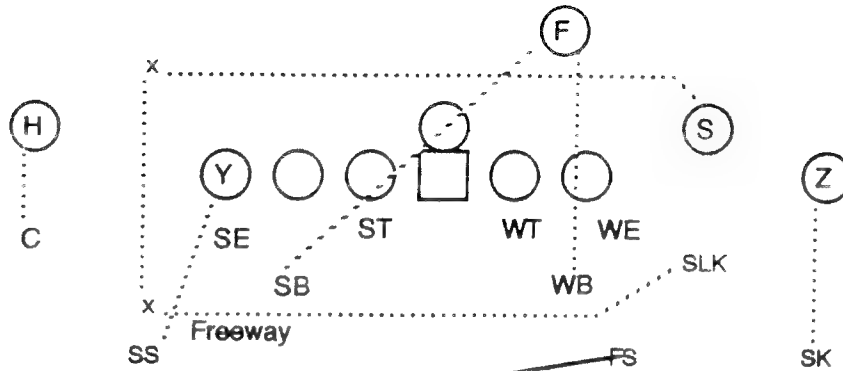


N.E. Technique



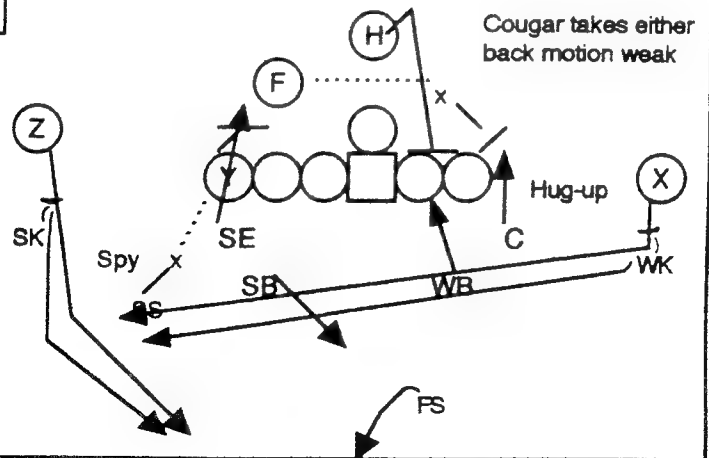


COUGAR MAN



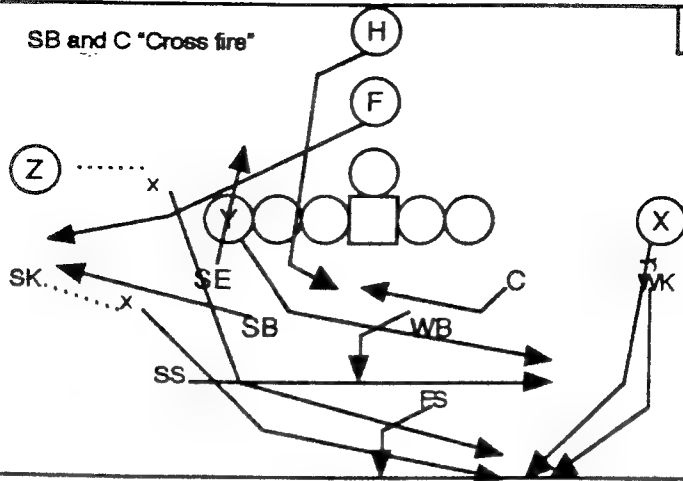
1. This coverage is a man to man coverage with a Free Safety in the post.
2. Cougar Back is man on a back or odd.
3. This coverage will also be used with Big Cougar.
4. Korner will flip vs. slots.
5. SB is man on a Back or Single Back Rule.
6. WB is Game Plan or Single Back Rule.
7. Safeties Force.
8. Cross Fire 2 Backs in backfield (G.P. Split).
9. If Cougar Back is on TE side (odds), FS align Slant Position for quick force.

1 2

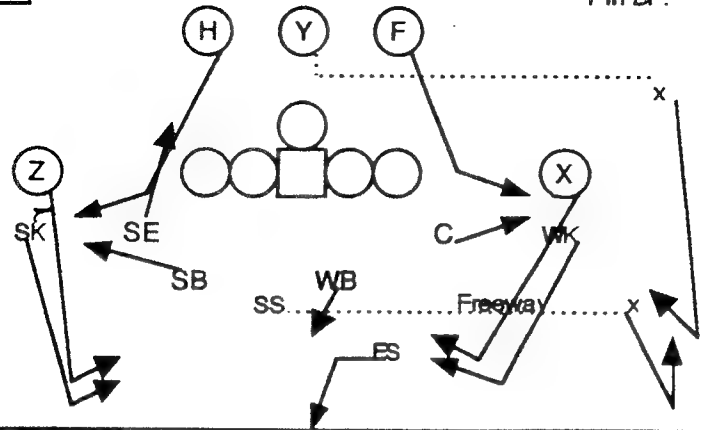


SB and C "Cross fire"

3 4

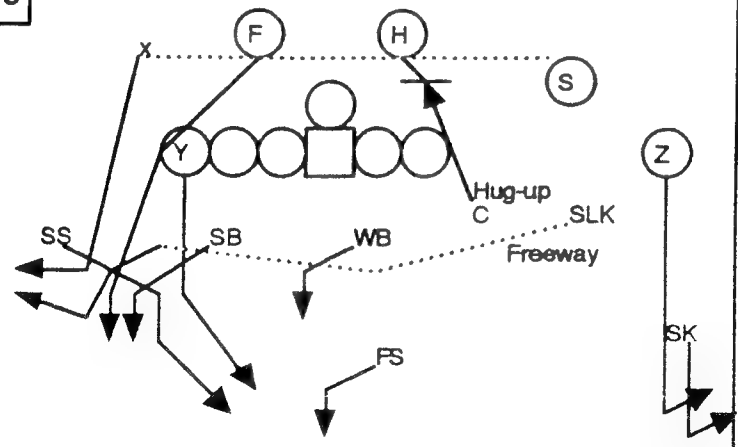
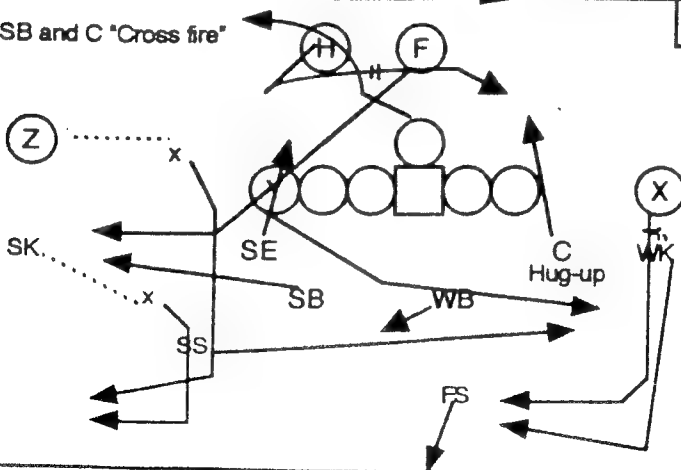


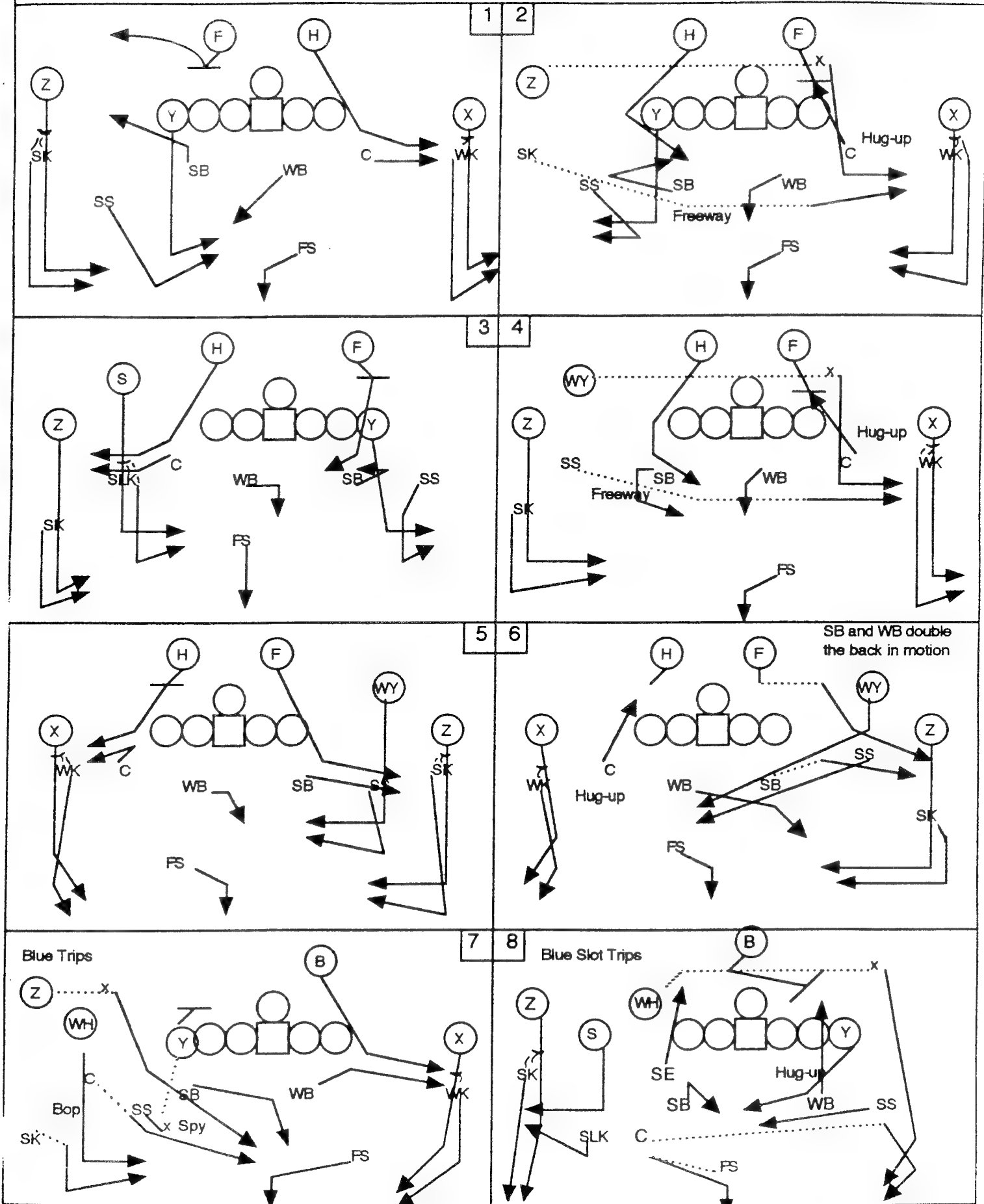
Y In BF:



SB and C "Cross fire"

5 6





The diagram illustrates a freeway interchange with the following components:

- Nodes:**
 - H** (Hawk): Top left circle.
 - F** (Freeway): Top center circle.
 - S** (Snake): Top right circle.
 - Y** (Yucca): Middle left circle.
 - ST** (Street): Middle center square.
 - WT** (Water): Middle right circle.
 - WE** (Wedge): Middle right circle.
 - Z** (Zebra): Far right circle.
- Paths and Labels:**
 - WK**: Path from H to X.
 - SE**: Path from Y to X.
 - ST**: Path from ST to X.
 - WT**: Path from WT to X.
 - WE**: Path from WE to X.
 - WB**: Path from WB to X.
 - FS**: Path from X to F.
 - SS**: Path from S to X.
 - C**: Path from C to Z.
 - SK**: Path from SK to Z.
 - X**: A central point where multiple paths converge.
- Section Labels:**
 - "Deuce" to "Hawk"**: Located at the bottom left.
 - "Deuce" to "Ace"**: Located at the bottom right.

-
- The diagram illustrates a card game layout. At the top, a sequence of cards is shown: Z, SK, SS, "Ace", and FS "Ace". Below this, a row of cards is displayed: SE, Spy, C, x, SB, WB, Hug-up, and WK. To the right, a row of cards is shown: H, F, x, and X. Arrows indicate the flow of the game, with labels such as "SB takes either back motion", "Hug-up", "Sluff", and "FS 'Ace'".

-
- The diagram illustrates a shipboard radar display with several labeled elements:
- SB and WB "Cross fire":** A label at the top left indicating the area of interest.
 - Targets:** Several circular targets are shown, labeled with letters: **H**, **F**, **Z**, **X**, **SK**, **SE**, **SB**, **WB**, **FS**, and **SS**.
 - Shipboard Radar (SR) Returns:** A series of circular returns are shown in the center, with a square return in the middle.
 - Directional Indicators:** Arrows labeled **SK**, **SE**, **SB**, **WB**, **FS**, and **SS** point towards the respective targets.
 - Other Labels:** **"Ace"** is labeled twice, once on the left and once on the right, near the bottom. **C** is labeled near the bottom center.

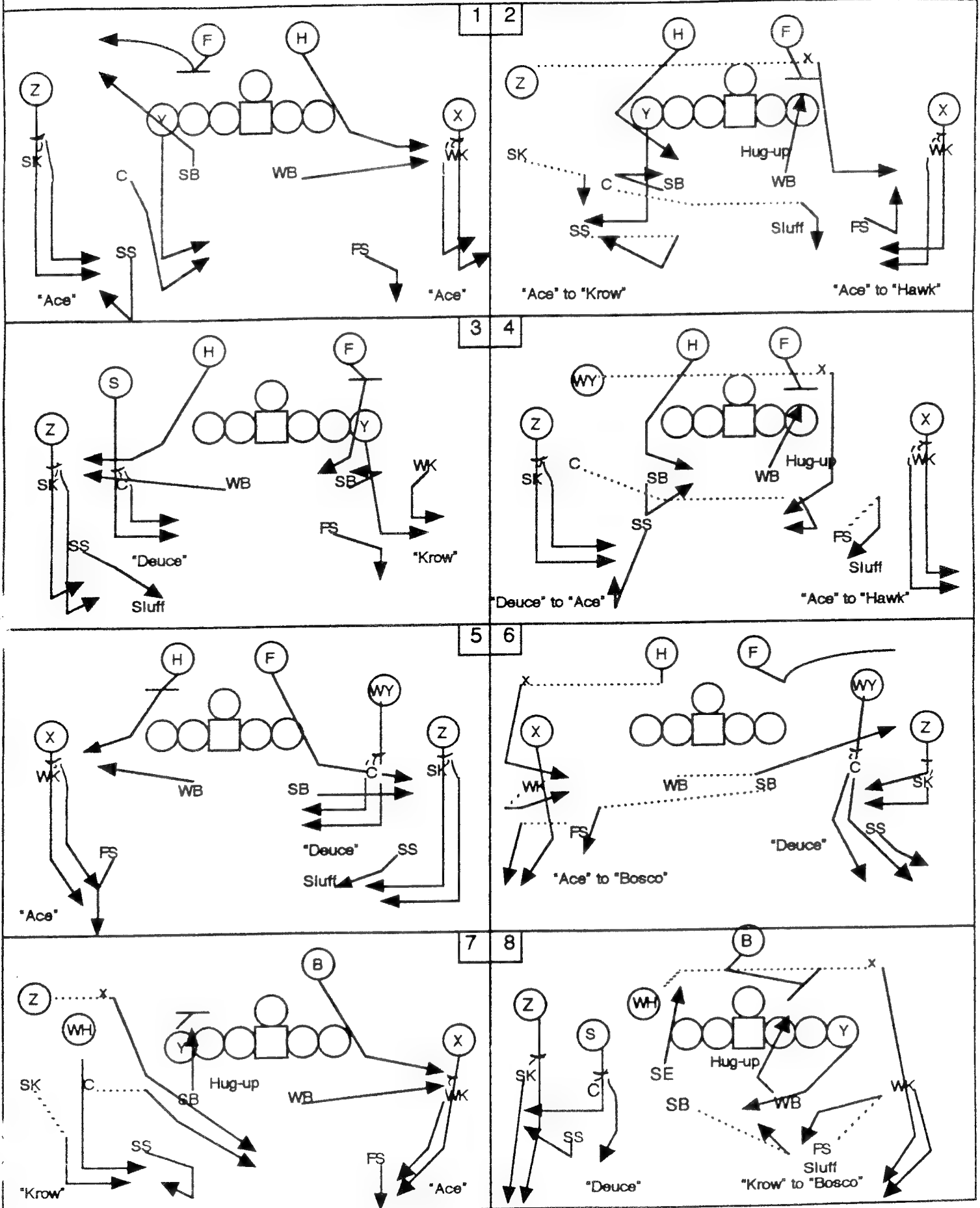
-
- The diagram illustrates a sequence of events and transitions between various nodes. The nodes are represented by circles (Z, H, Y, F, X, SK, SE, SB, SS, WB, FS) and a square. The transitions are labeled with terms like "Ace", "Bounce", "Sluff", and "FS". A central row of five circles and a square is also present.

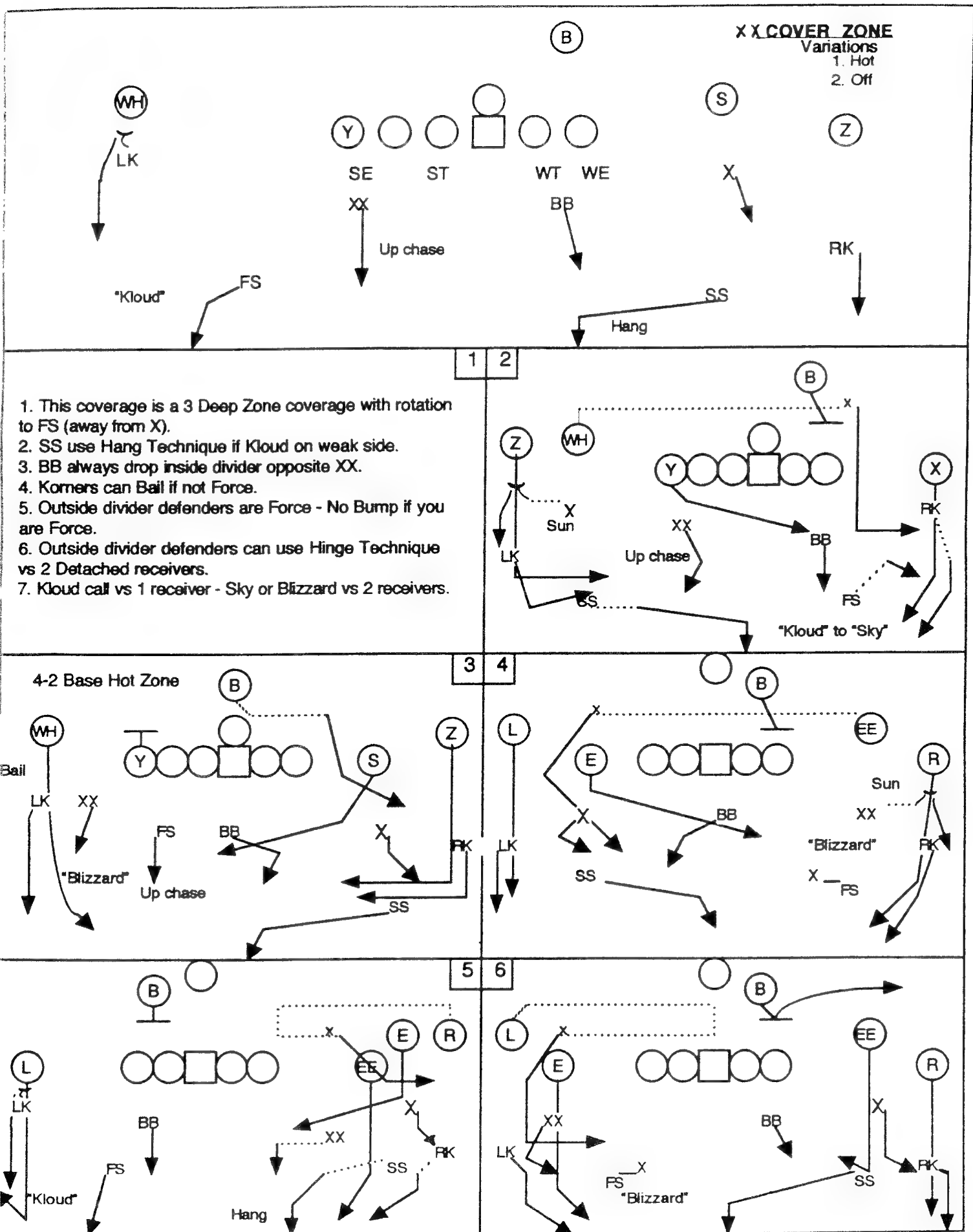
-
- SB and WB "Cross fire"
- Z
- SK
- SS
- "Ace"
- SE
- C
- SB
- WB
- Hug-up
- X
- WK
- FS
- "Ace"

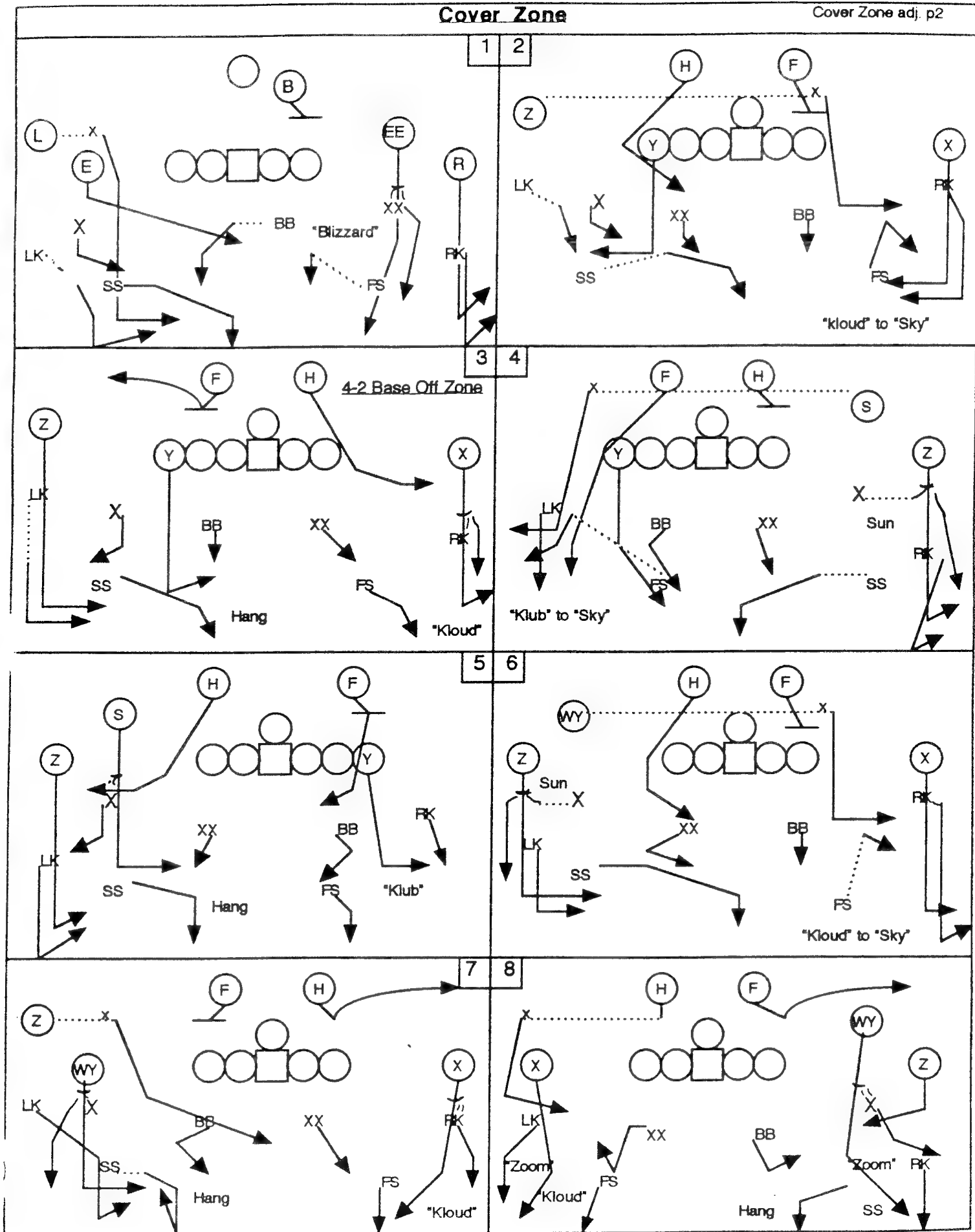
-

COUGAR COMBO

Cougar Combo adj. p2





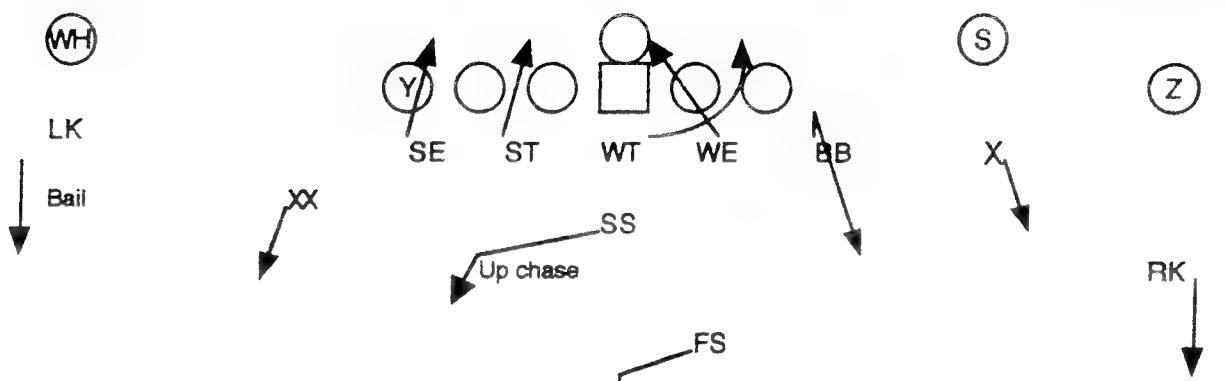


(B)

XX COVER MIAMI REVERSE ZONE

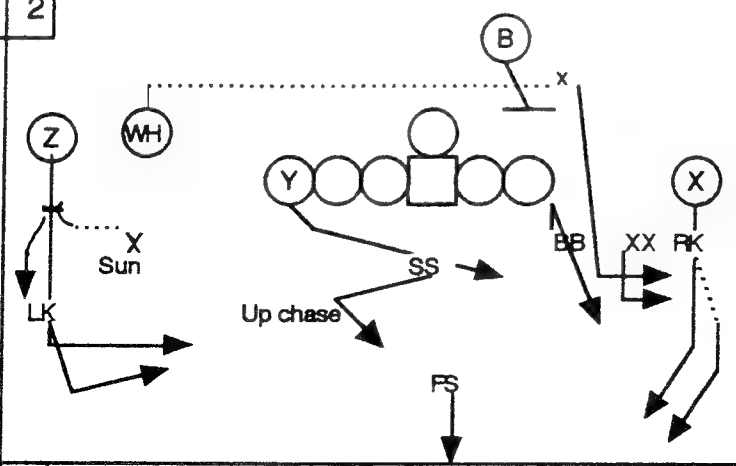
Variations

1. Miami Name Zone

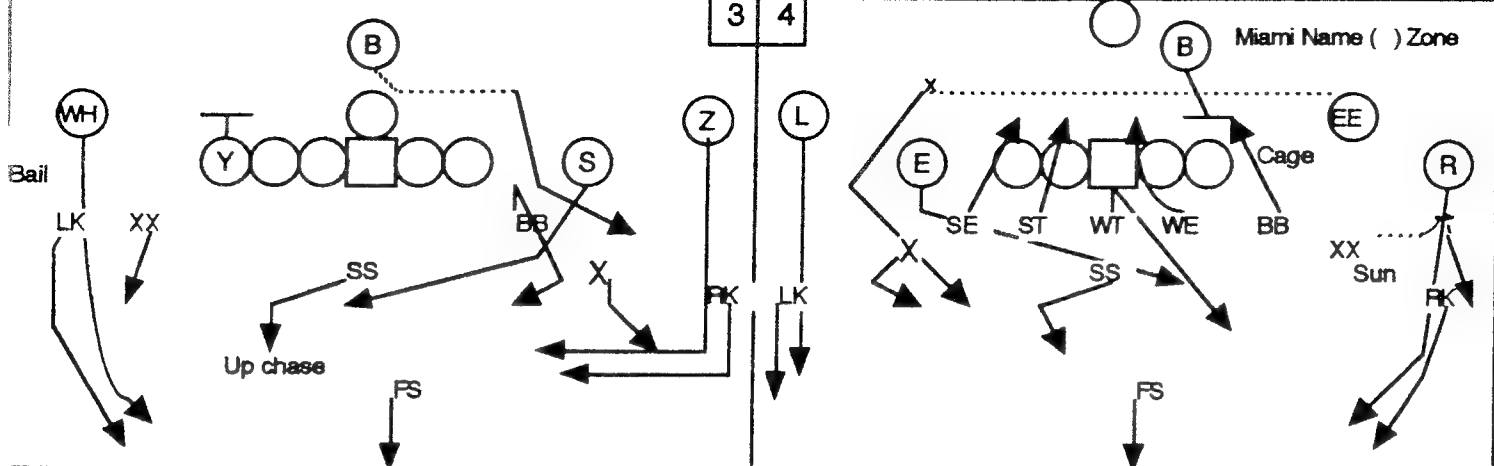


1. This is a 3 Deep Zone coverage with the Miami Double Gap front.
2. X and XX align opposite - they are Force and outside divider defenders.
3. BB lines up at RDE position - jab step and drop inside divider.
4. Hot Safety align at LB depth - inside divider opposite BB. Inside-out to ball vs run.
5. FS line up in and play post.
6. Korners use Bump bail rules.
7. Miami Name () Zone - BB is cage rusher and Defensive Lineman () over center will drop to inside divider to BB's side.

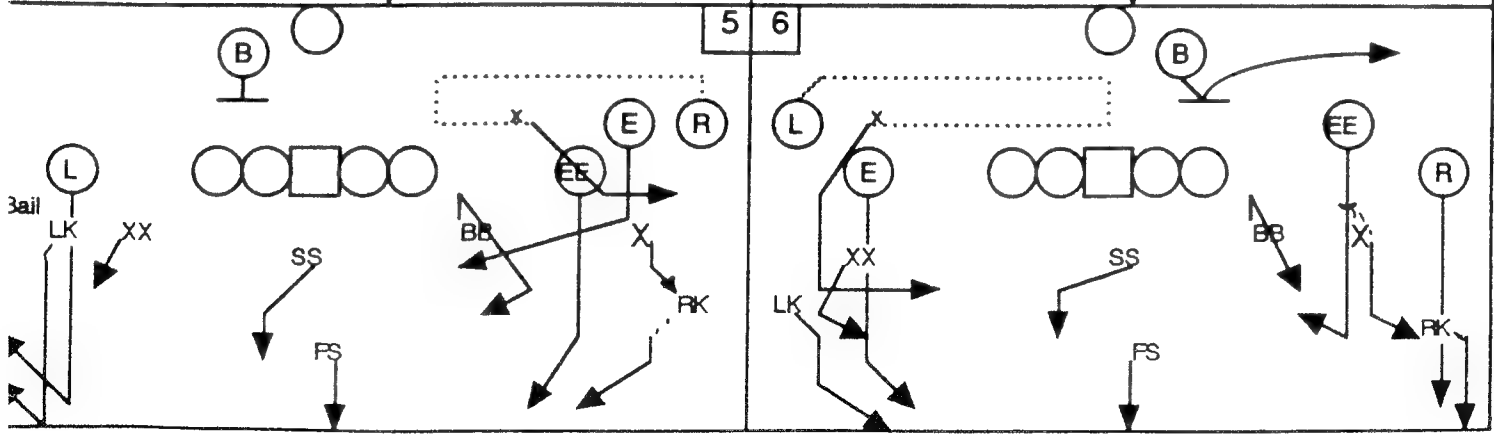
1 2



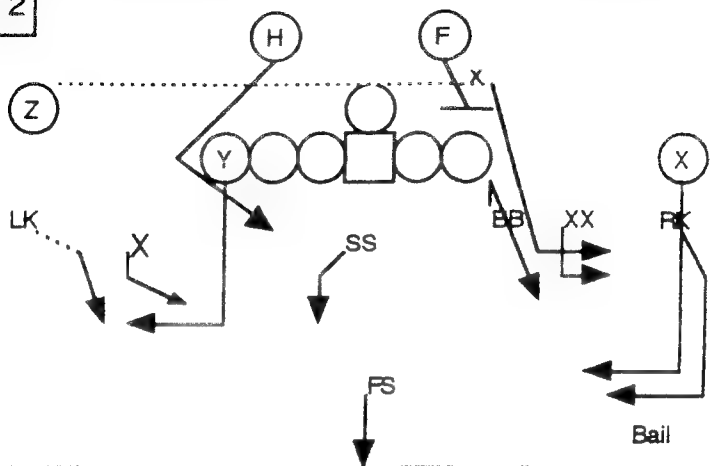
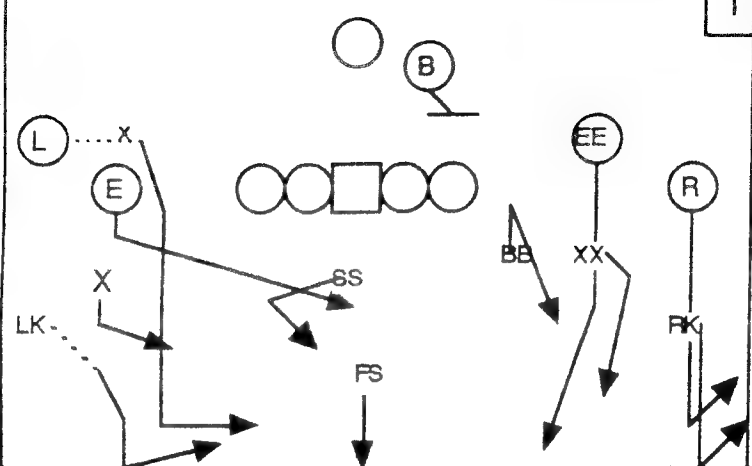
3 4



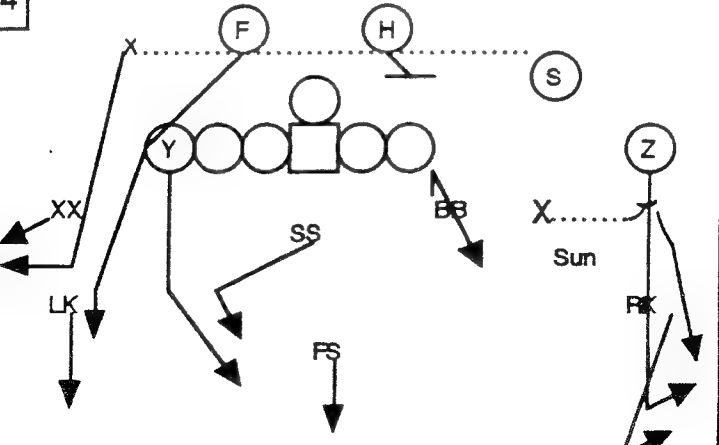
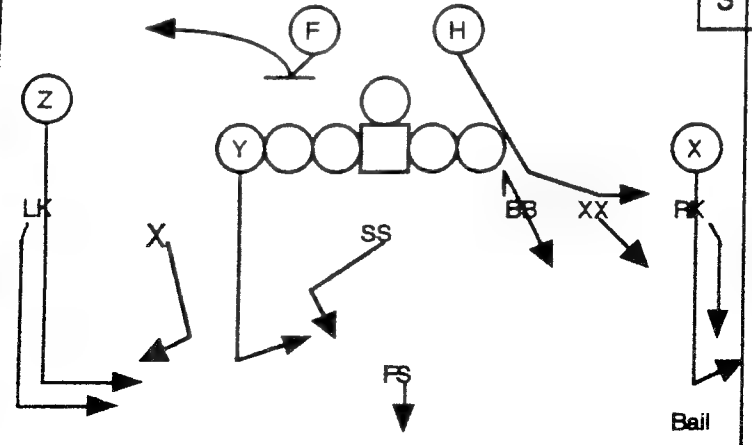
5 6



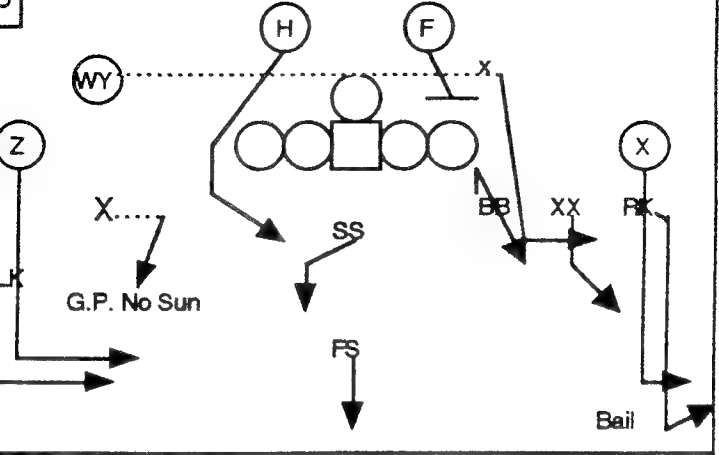
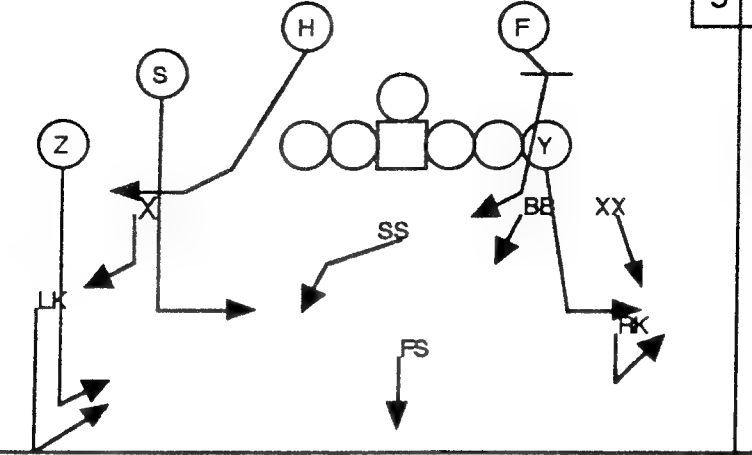
1 2



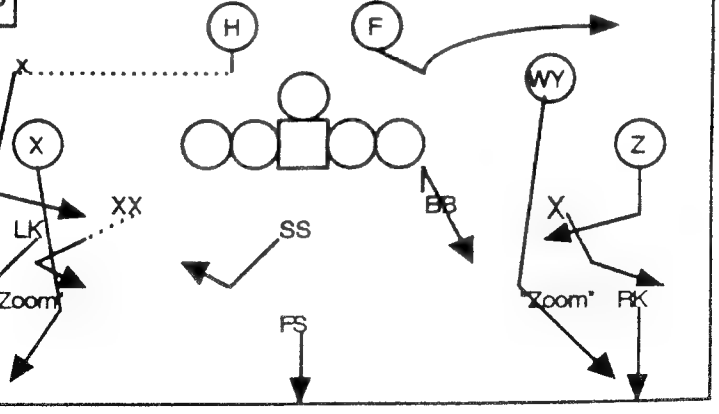
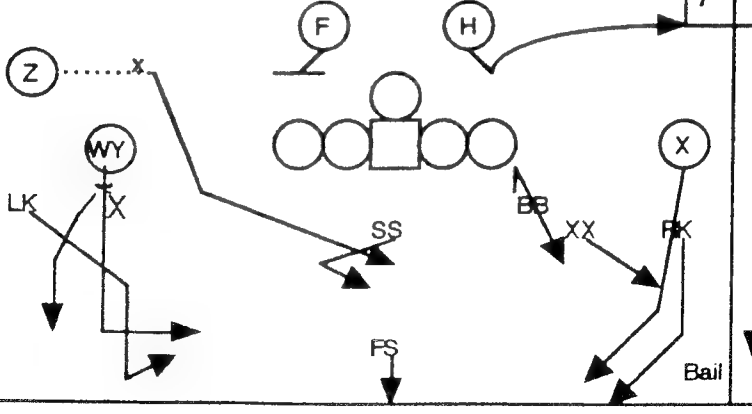
3 4

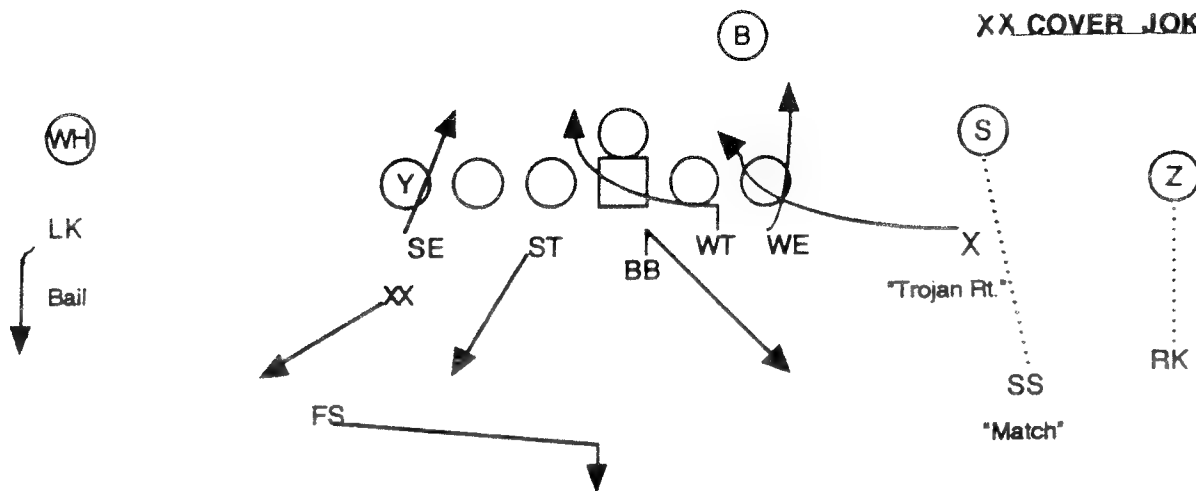


5 6



7 8





1. This is a 3 Deep Zone depicting our Trojan Blitz but playing a zone defense.

2. X will run Trojan Blitz stunt inside the DE. If Trips XX (Wildcat) will run the Trojan Blitz stunt.

3. BB will Drop to inside divider on "Trojan" side. Influence center if possible.

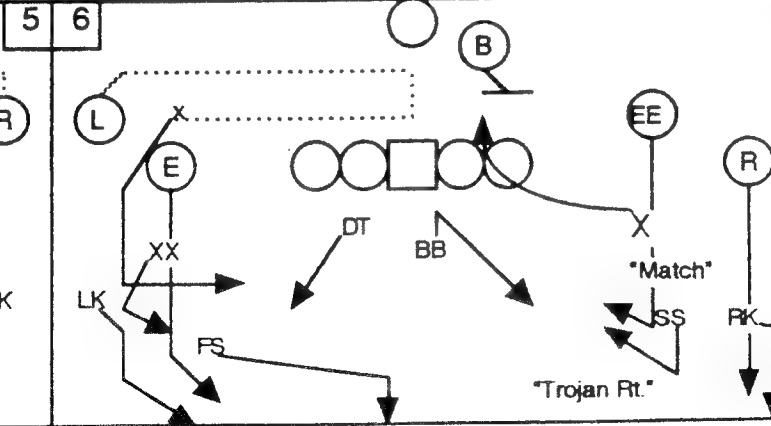
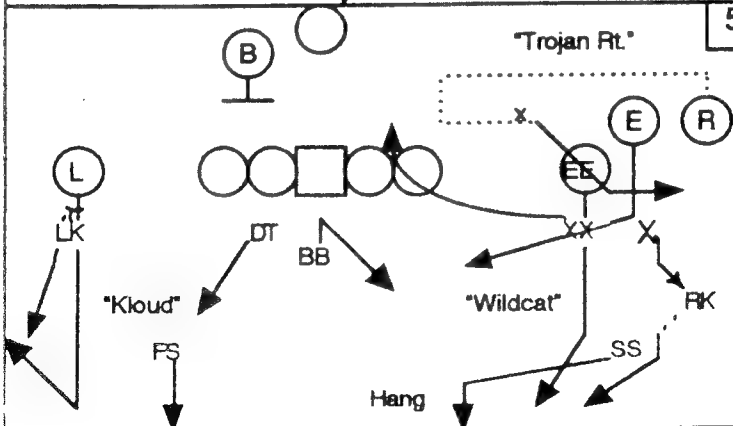
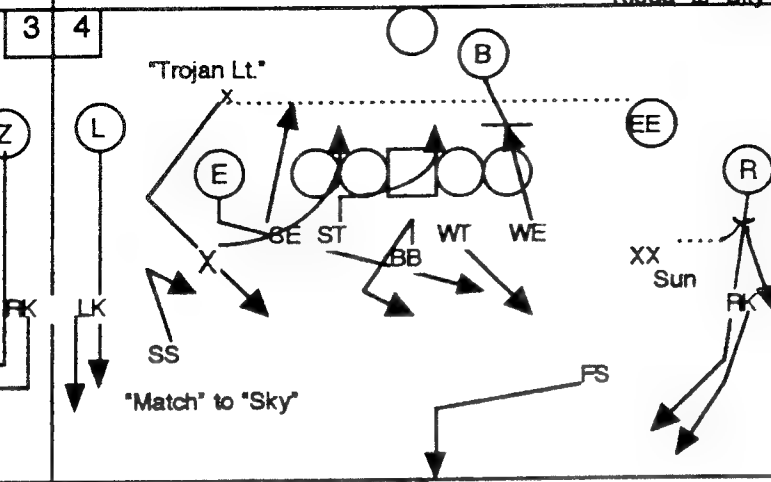
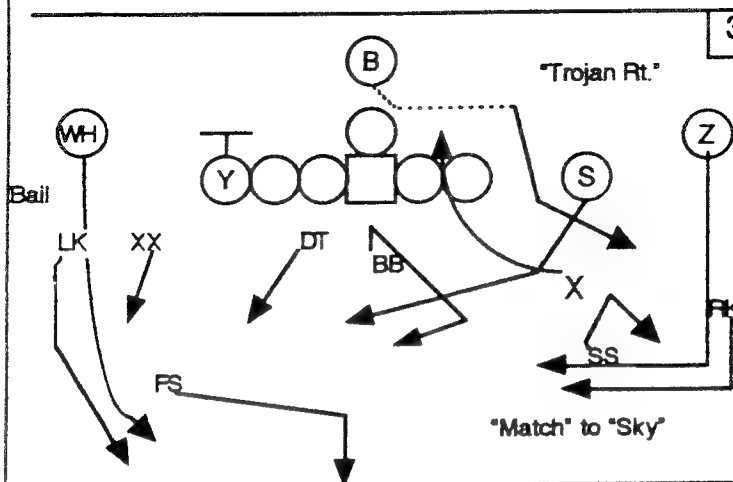
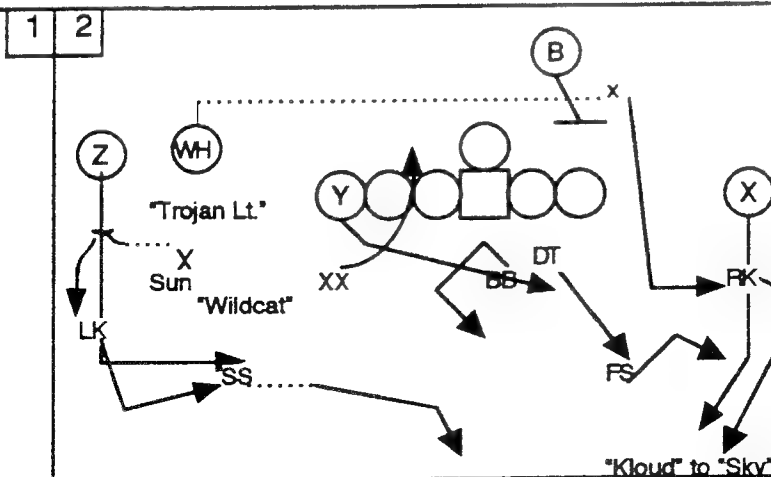
4. DT opposite "Trojan" will drop to inside divider on his side.

5. We will rotate to X (Away from X if Trips).

6. SS will Hang vs Trips.

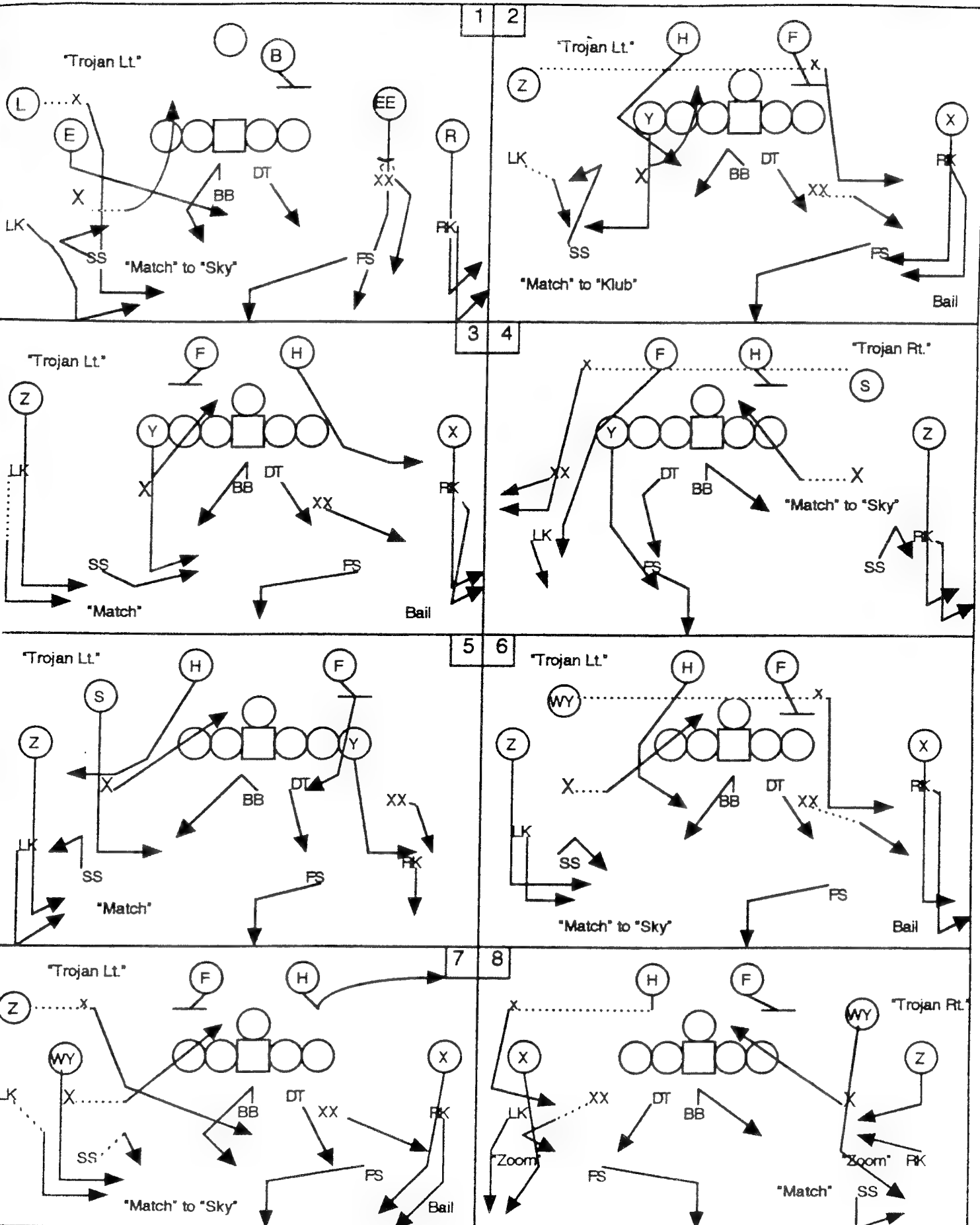
7. XX align opposite X vs 2 back sets.

8. SS and SK Match on Trojan side (no Match vs Trips - rotate week).



Cover Joker Zone

Cover Joker Zone adj. p2



(B)

XX COVER DOUBLE ZONE

(WH)

LK

(Y)

SE

ST

WT

WE

(S)

(Z)

RK

XX

Drop chase

BB

X

Drop chase

SS

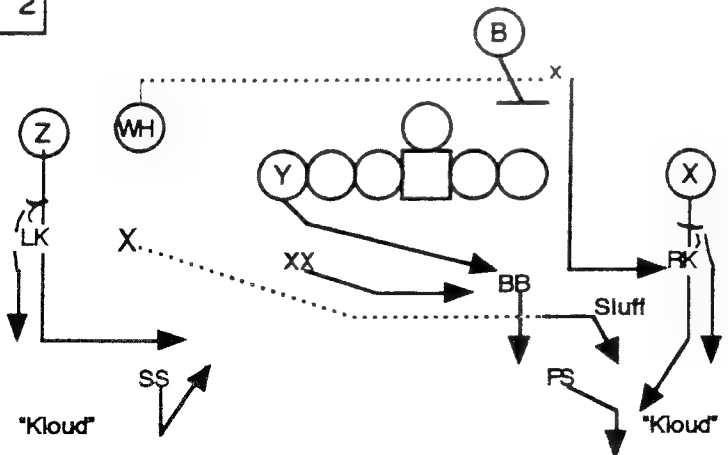
"Kloud"

FS

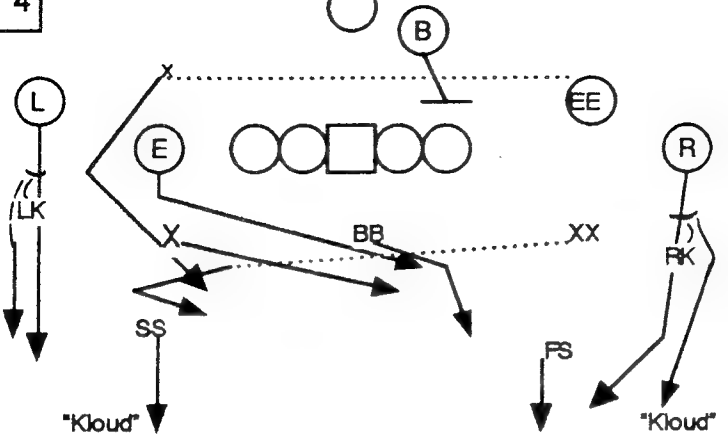
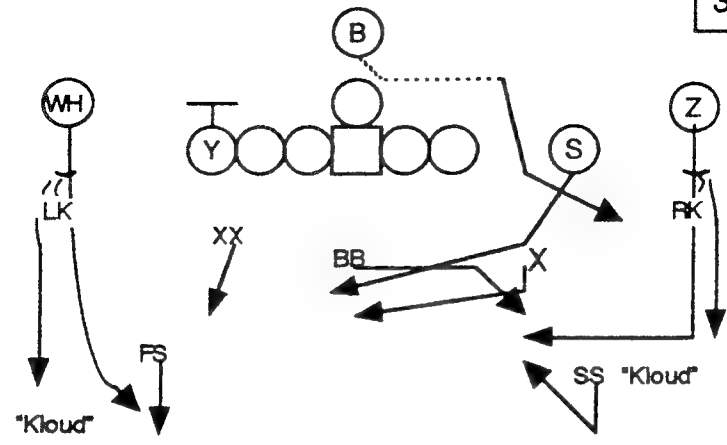
"Kloud"

1 2

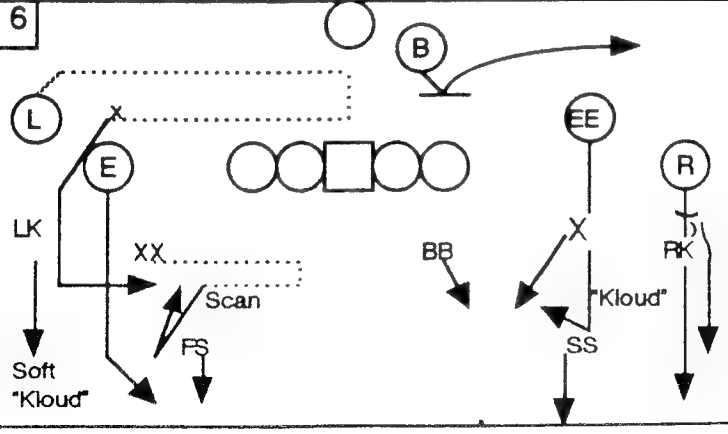
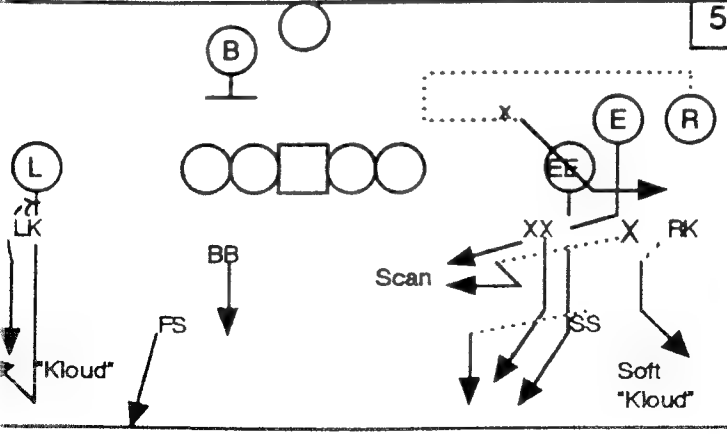
1. This is a 2 Deep Zone with Drop Chase Techniques.
2. Korners are Force vs run.
3. X and XX are Drop Chase or inside divider defenders on the receivers they line up on.
4. BB goes to side of his back - Drop Chase or inside divider.
5. BB and XX line up on thier backs vs 2 backs in backfield.
6. If 3 detached on one side (Red Trips), X is Drop Chase with Scan, not XX.



3 4



5 6

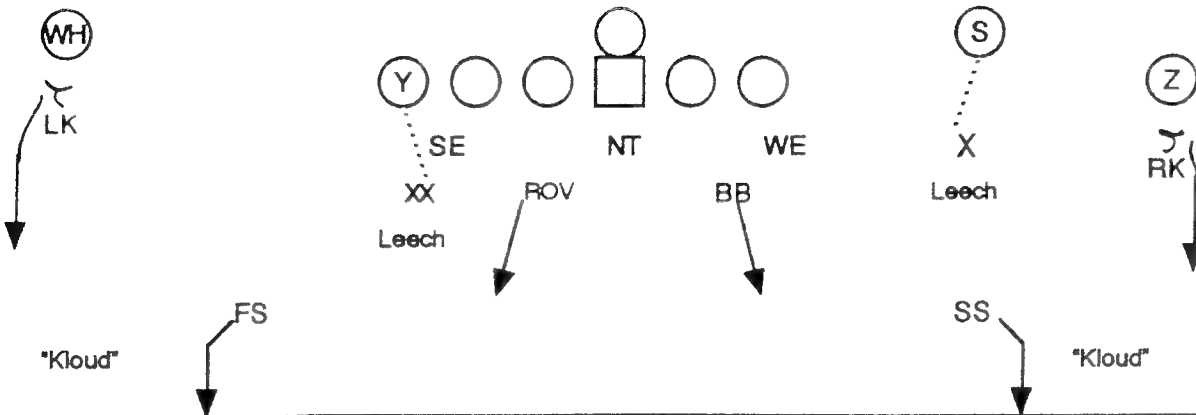


Cover Double Zone adj. p2

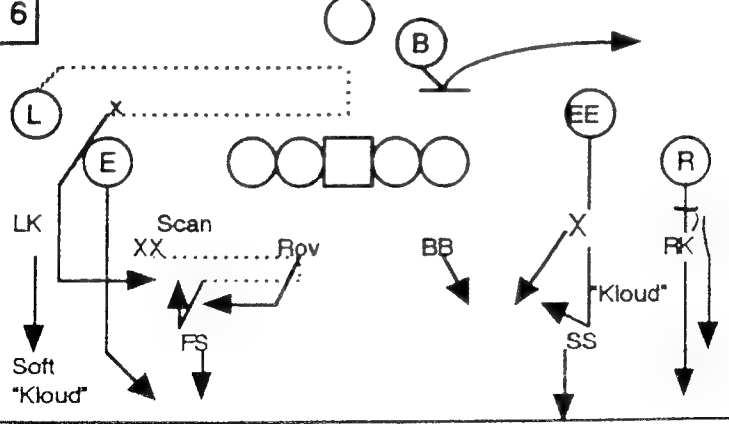
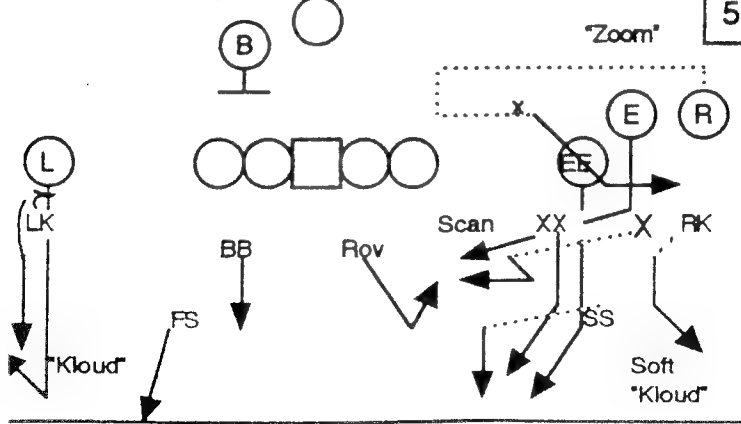
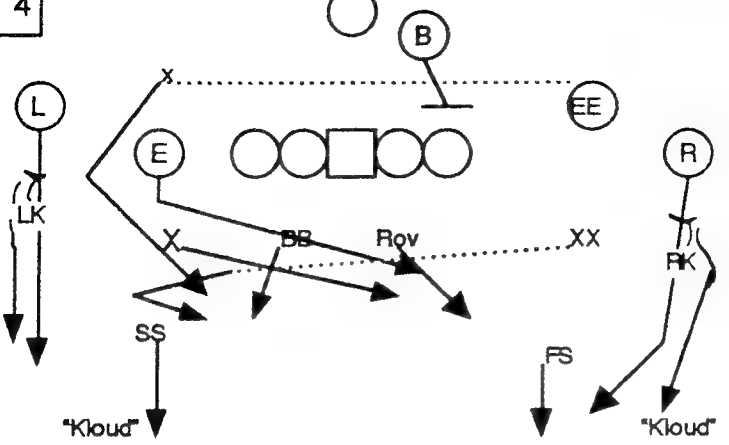
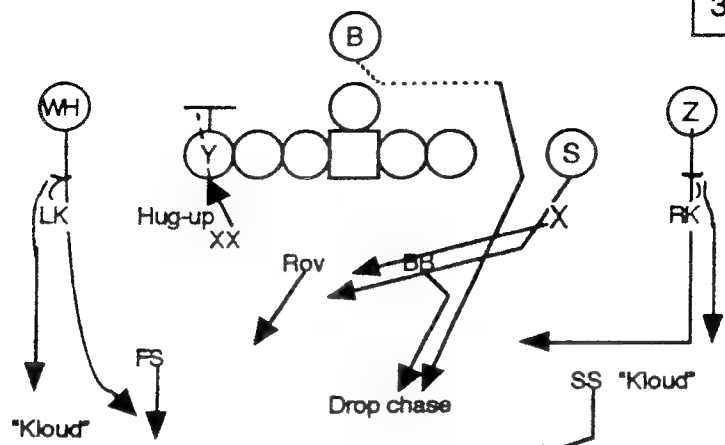
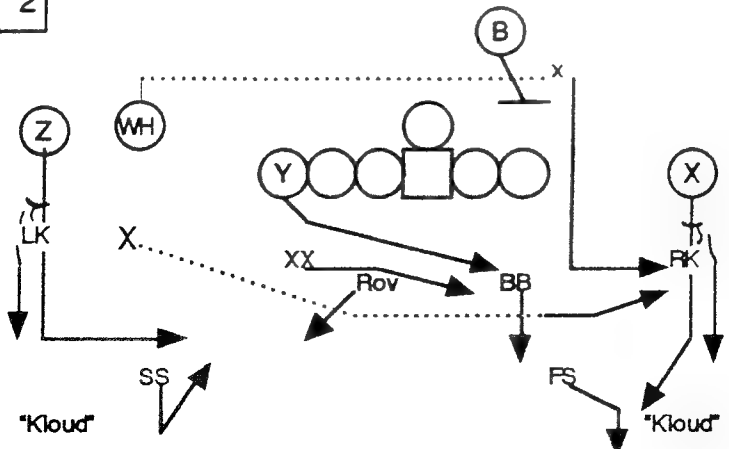


(B)

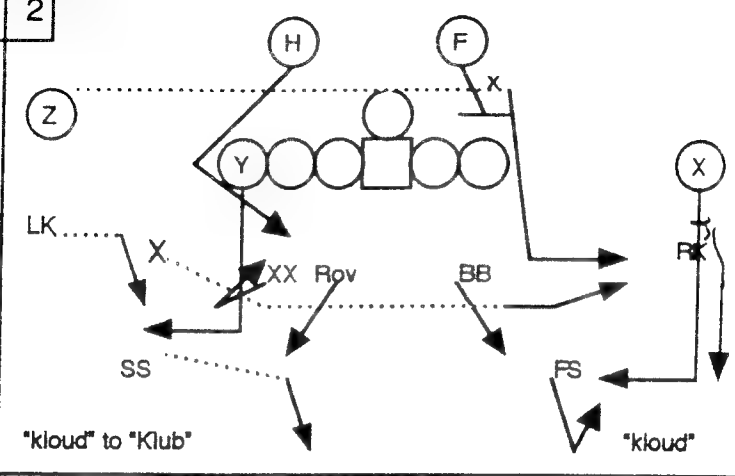
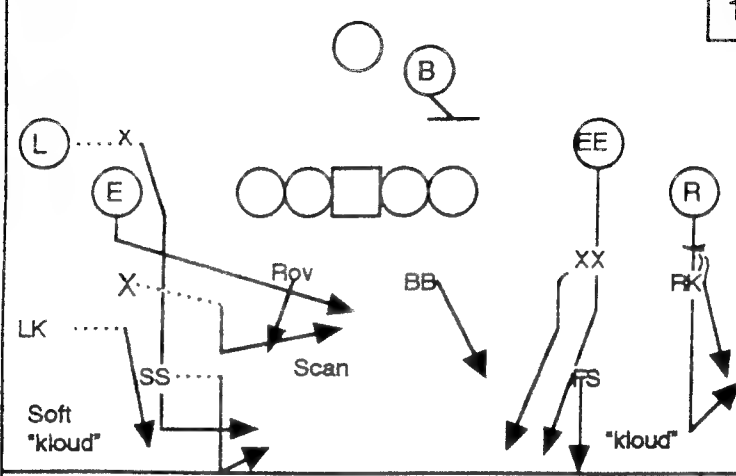
XX COVER 30 DOUBLE ZONE



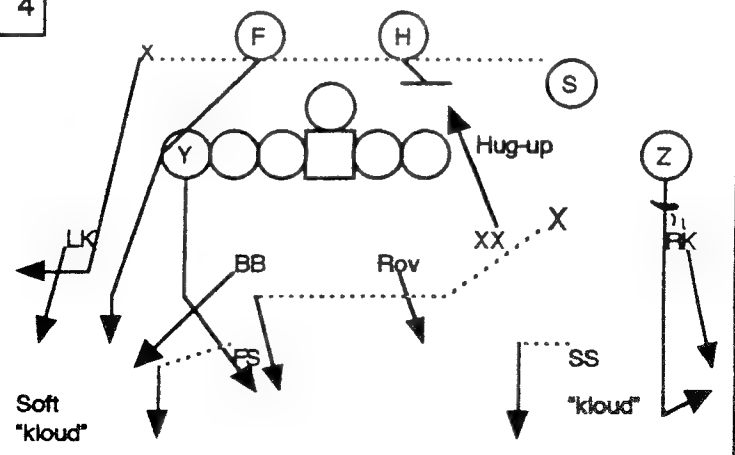
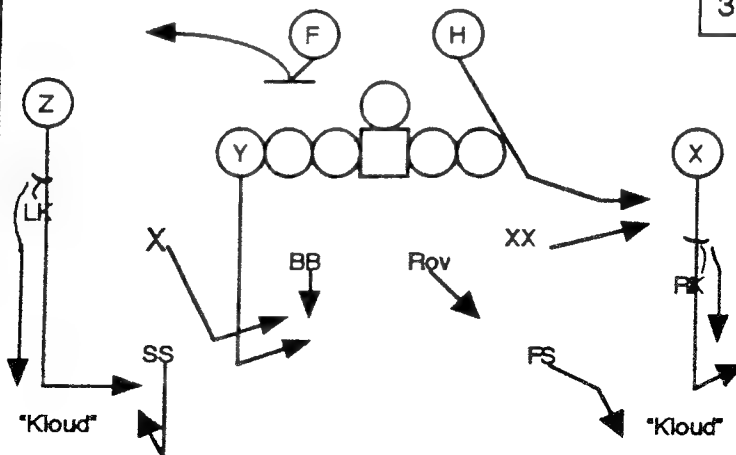
1. This is a 2 Deep Zone with 2 DBs (X and XX) Leech Technique on their receivers.
2. BB lines up opposite XX with inside divider responsibility and possible Drop Chase.
3. RB is lined between XX and BB - inside divider.
4. Korner are Force vs run.
5. X and XX Trail Technique (Ike) with no Scan (Leech).



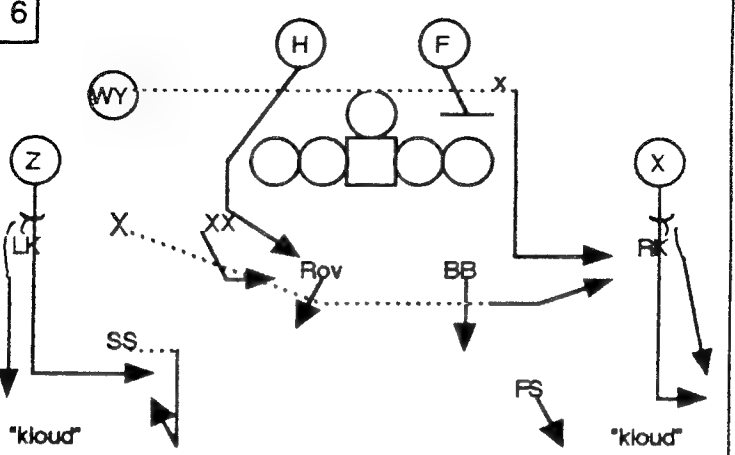
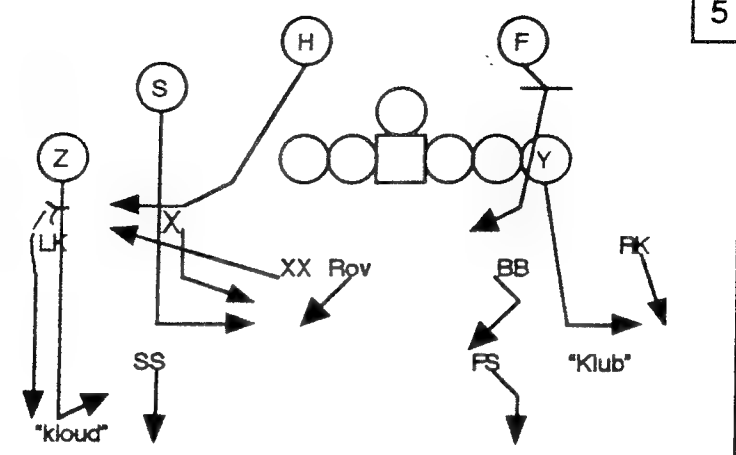
1 2



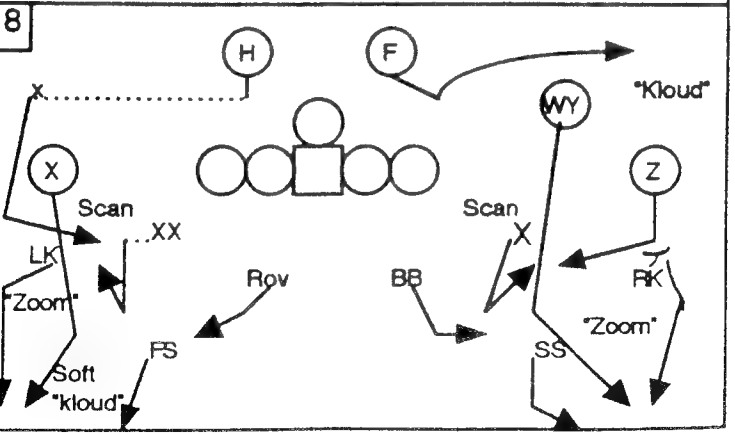
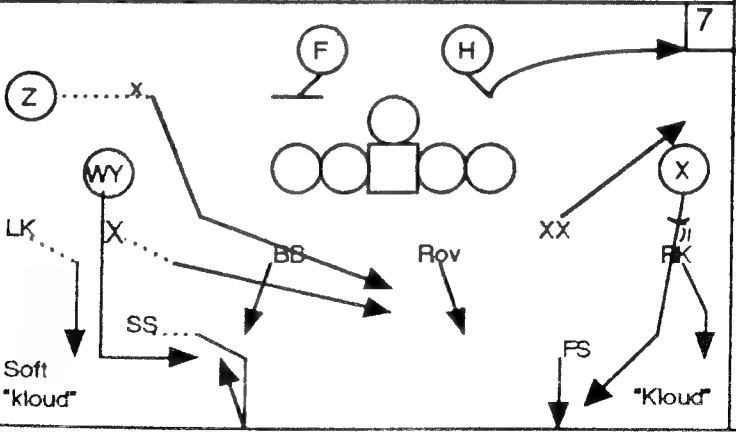
3 4

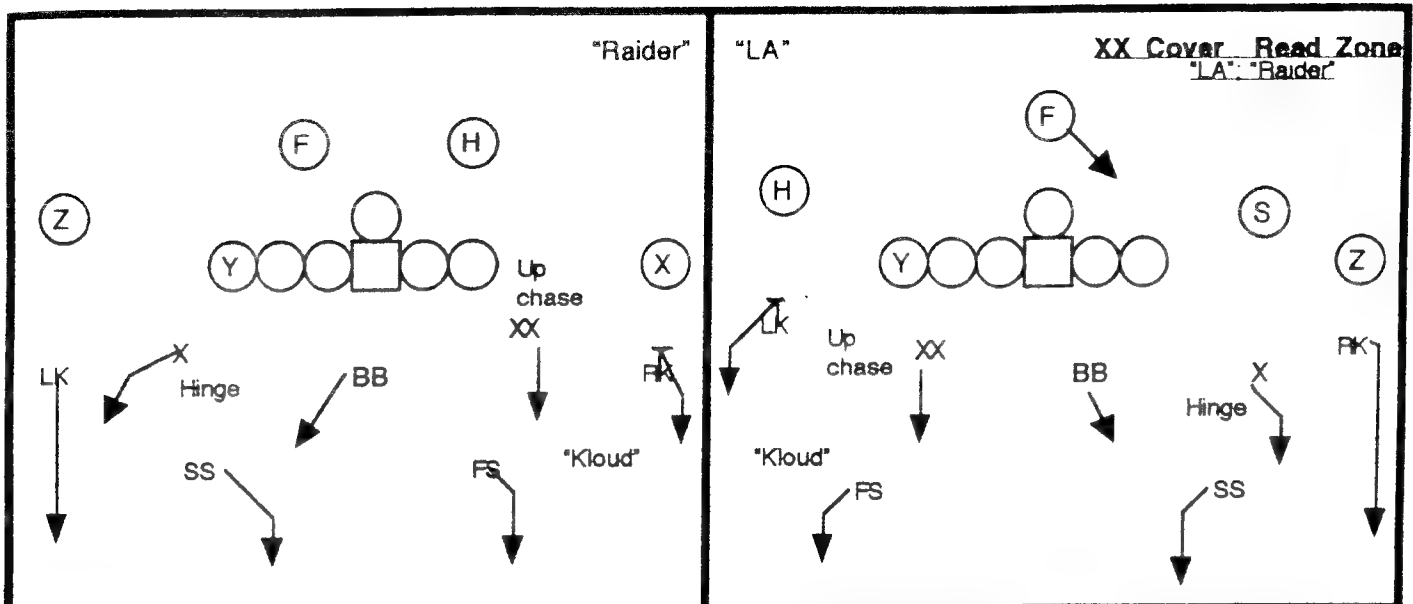


5 6



7 8



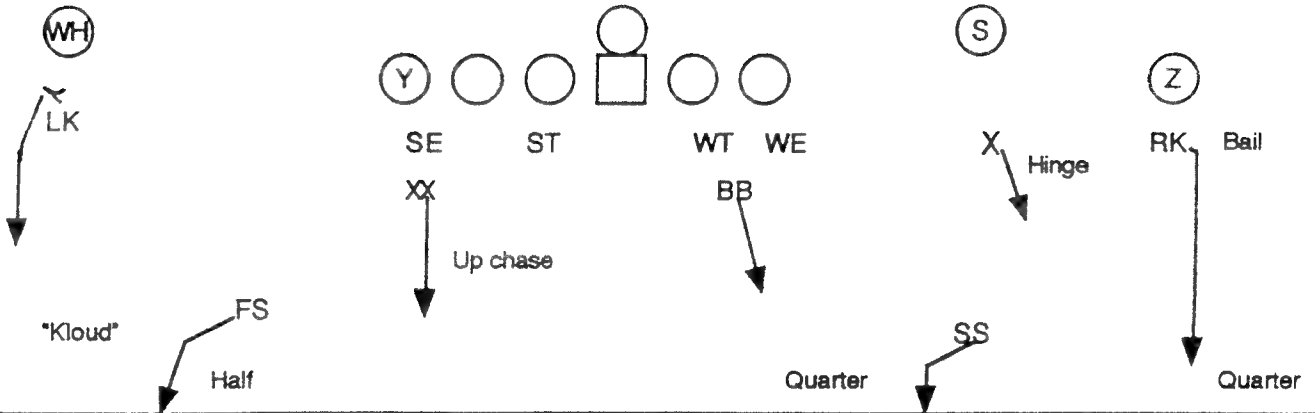


	POSITION	RUN RESPONSIBILITY	DROPPACK RESPONSIBILITY	PLAY ACTION RESPONSIBILITY
Read Side (Hinge) Defender (X or XX)	1. Sup 2. Walk on # 2	Force	Hinge to Outside Divider	Same as Dropback
Middle Backer (BB)	Front Called	Front Called	1. Inside Divider to 3 receiver side; carry 3 2. Up chase	Same as Dropback
Call Side (Chase) Defender (X or XX)	1. Sup 2. Walk on # 2	Fill	1. Inside Divider 2. Up chase	P.A. Strong: Look for crosses P.A. Weak: Same as dropback
Read Side Komer (SK)	1. Engage (Bail) 2. Bump (Bail) 3. Normal	Secondary force	Quarter	Same as Dropback
Read Side Safety (SS or FS)	1. Shoulder 2. Head (on # 2 or # 3) (8 to 10 yds. deep)	Fill	Quarter; Keep leverage on #3 to #2 to #1 up to hash	Same as Dropback
Call Side Safety (FS or SS)	1. Normal (8 to 10 yds. deep)	Secondary force	Half	Same as Dropback
Call Side Komer (WK)	1. Engage 2. Monster	Force	Outside Divider	P.A. Strong: Same as Cover 2 P.A. Weak: Same as dropback

"LA"

(B)

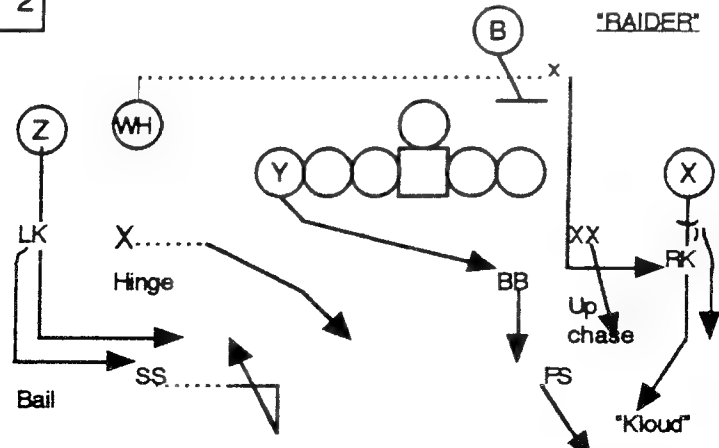
XX COVER READ ZONE



1. This is a Read Zone coverage with rotation away from pass strength.
2. X and XX always opposite (X align to pass strength).
3. Call side is Komer Force; Read side is X or XX Force (Hinge defender is Force).
4. BB is always the Read Defender.

No X R

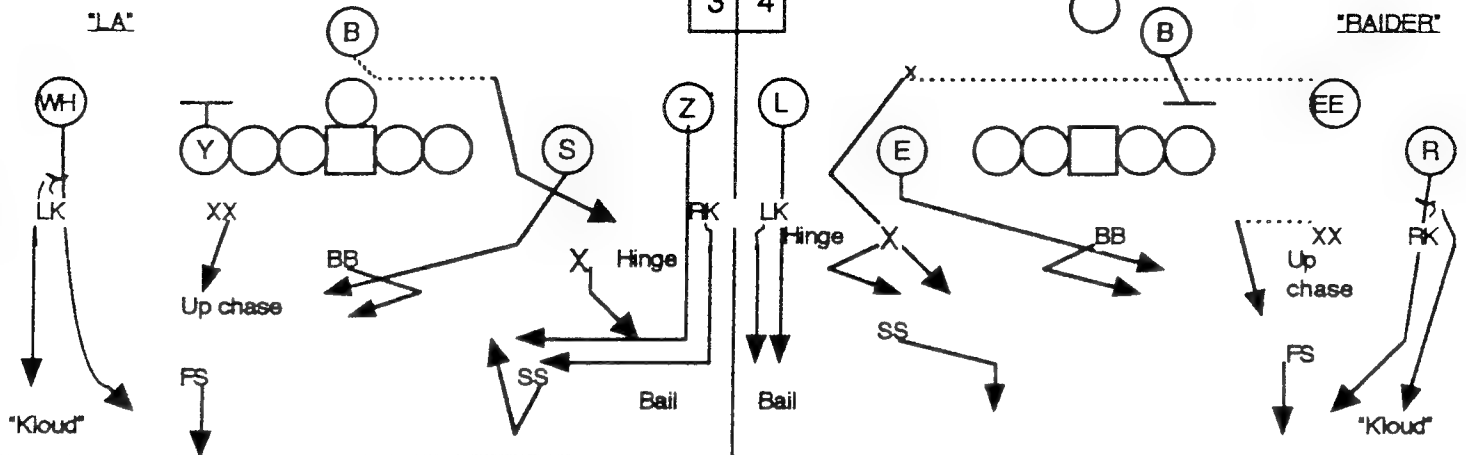
1 2



"LA"

3 4

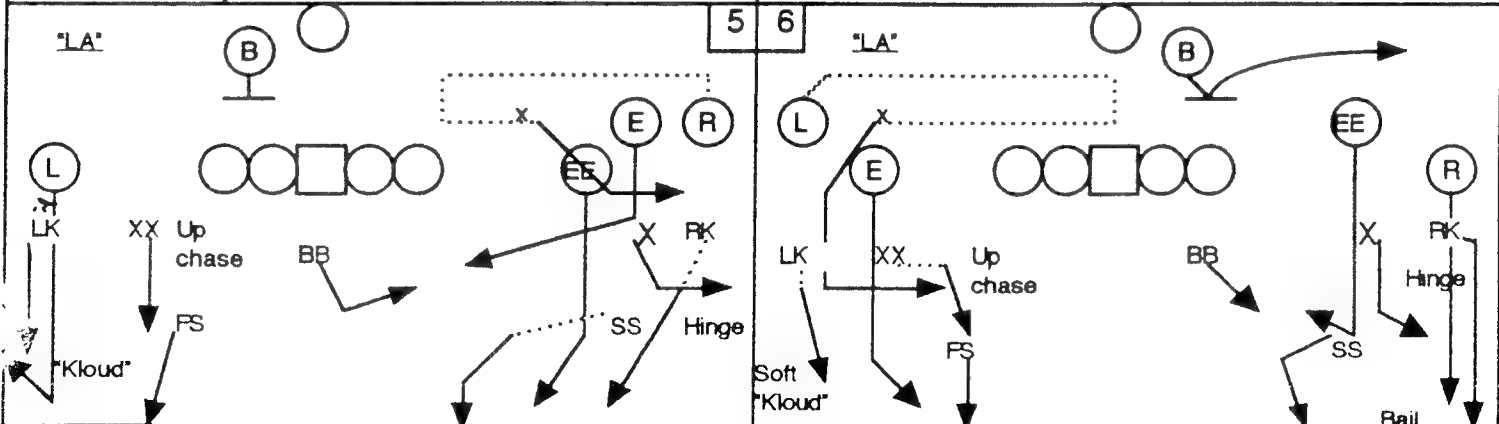
"BAIDER"



"LA"

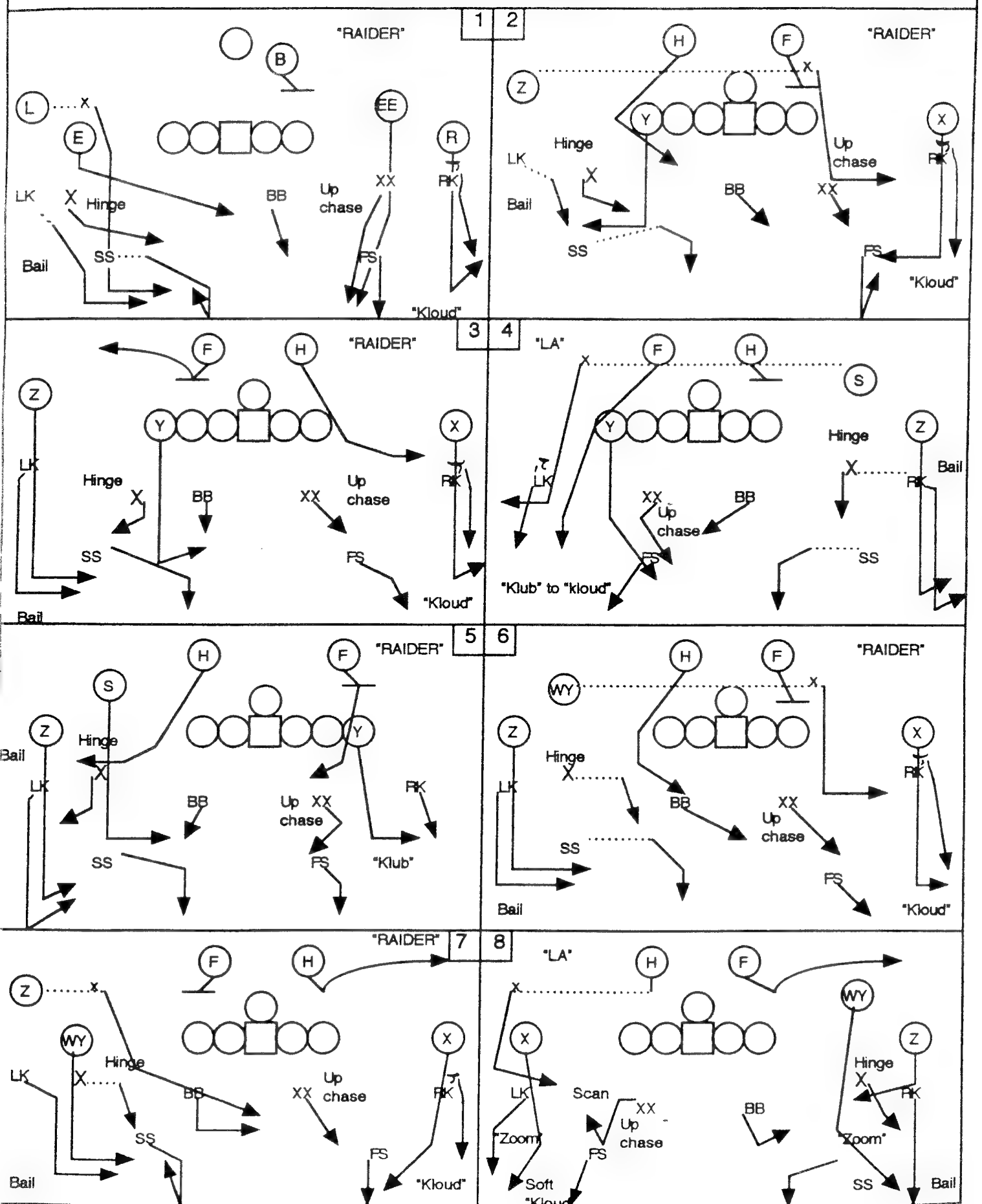
5 6

"LA"



XX Cover Read Zone

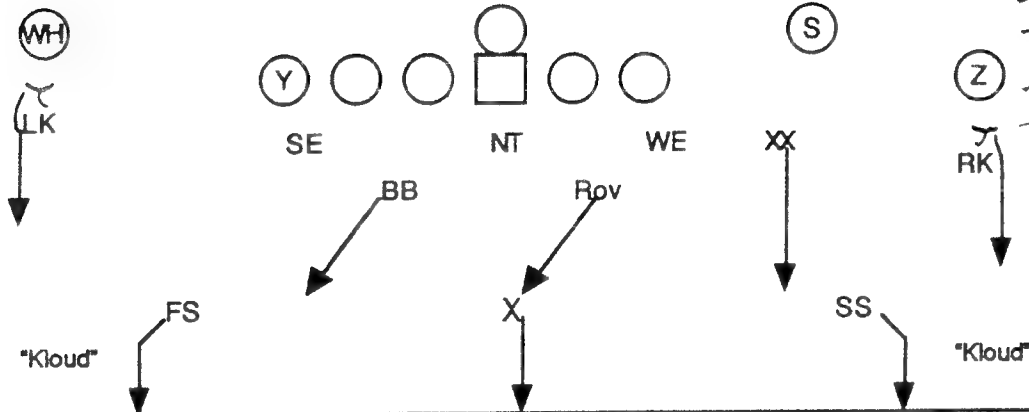
Cover Read Zone adj. p2



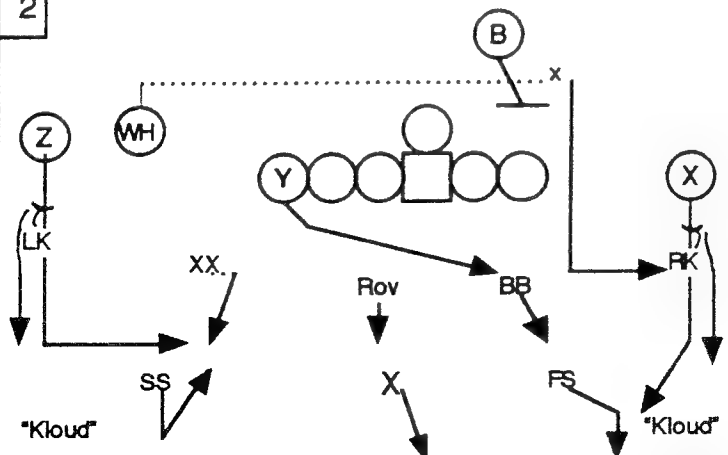
COVER 30 STEELER ZONE

Variations:

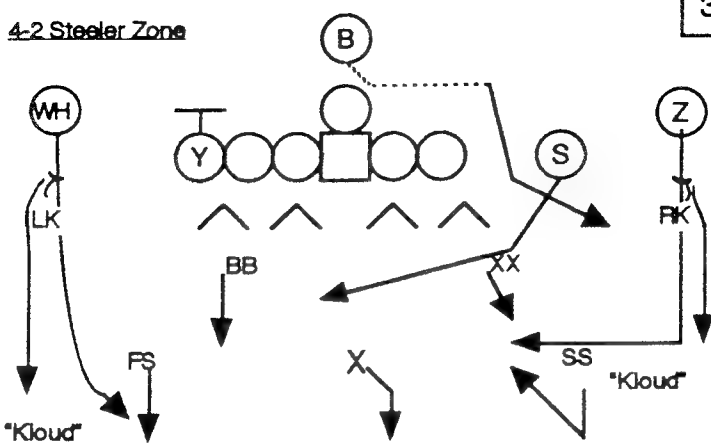
1. 30 Double Bazooka
2. 30 Safe
3. 30 or 4-2 Long Yardage
4. 30 2 minute
5. 30 4 Deep
6. 30 5 Deep



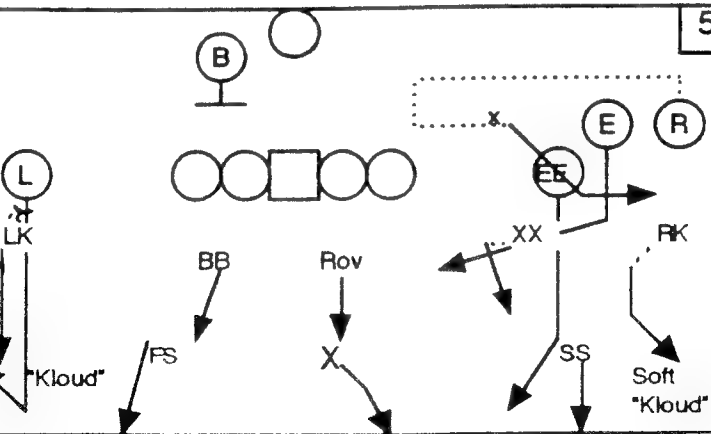
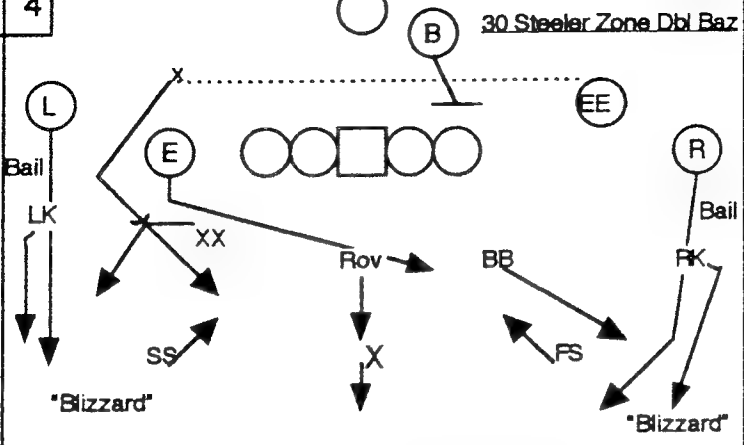
1. This is a 3 Deep Zone- Pre rotated - No Disguise.
2. X lines up at one of the 3 deep spots.
3. XX lines up at X spot (Walk alignment vs 2 detached).
4. BB lines up opposite XX - Inside divider.
5. If 30, RB lines between XX and BB. Play middle divider.
6. Korners are Force vs run.
7. Korners must re-route receivers vs pass (Korral).
8. 30 Steeler Zone Double Bazooka is a 30 Front and Safeties replace inside divider defenders (XX - BB) on snap. This is like a Blizzard both sides. Korners Bail to third.



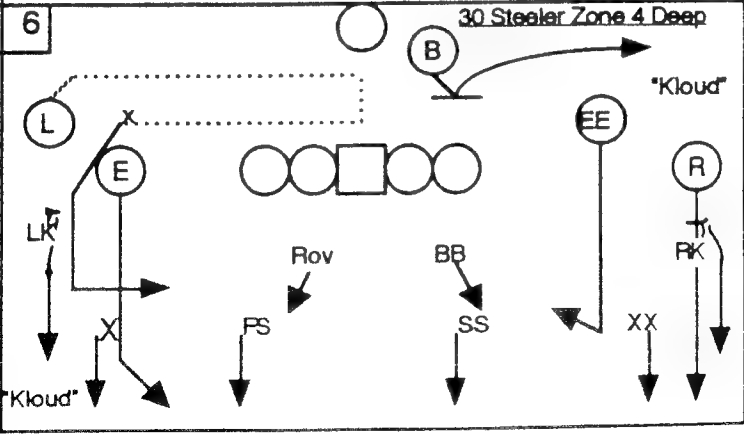
4-2 Steeler Zone



30 Steeler Zone Dbl Baz



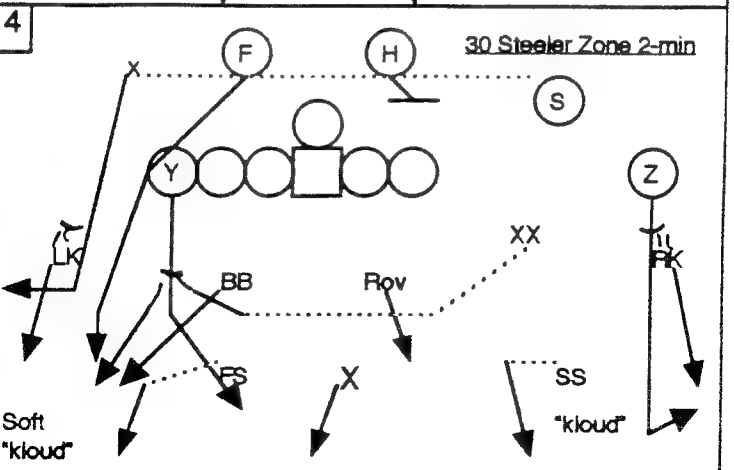
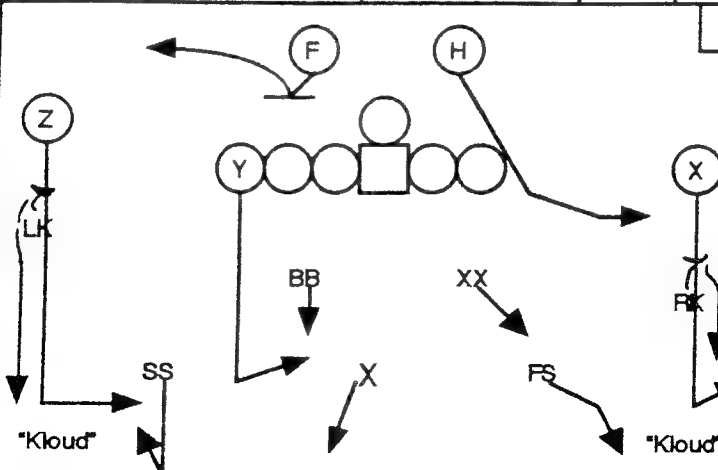
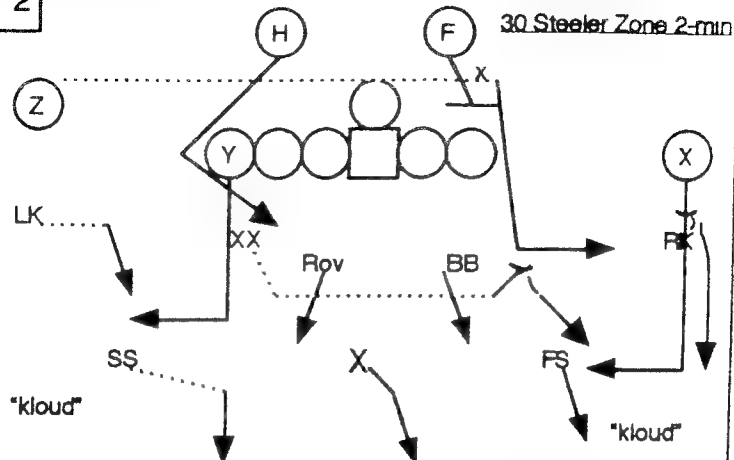
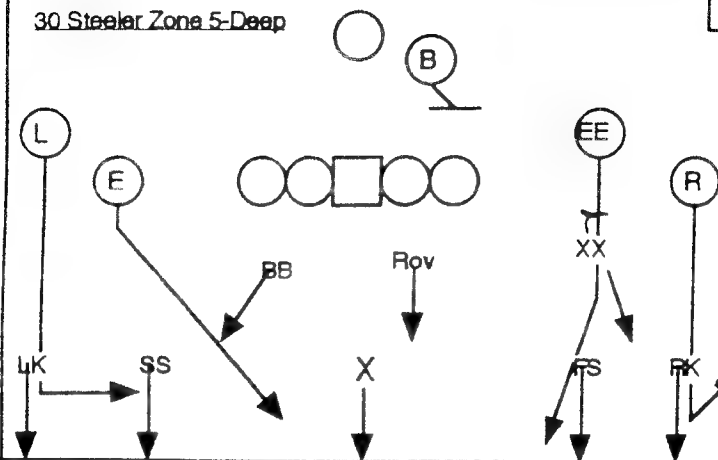
30 Steeler Zone 4 Deep



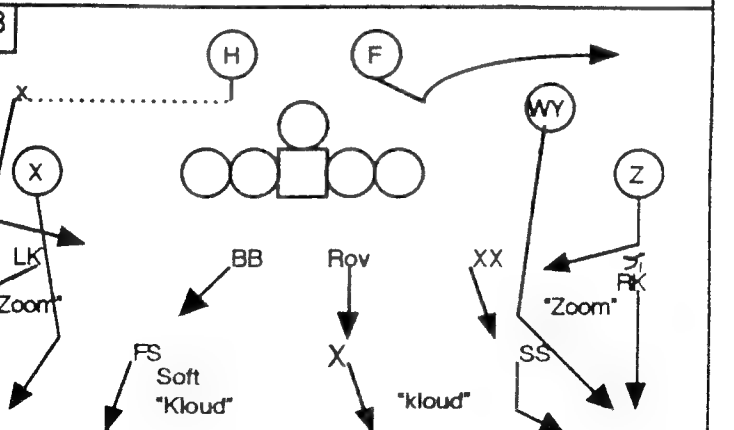
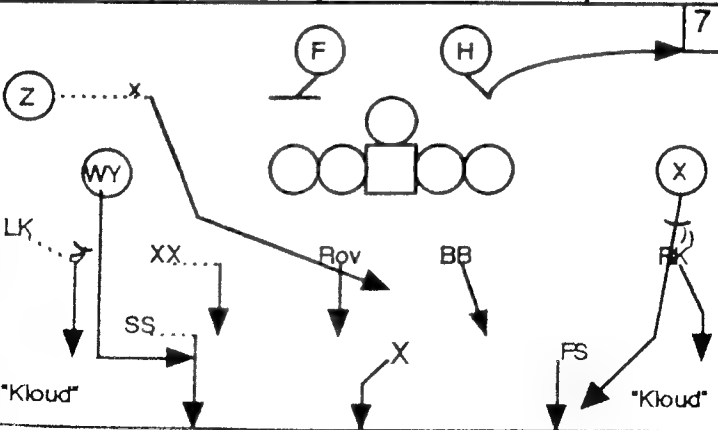
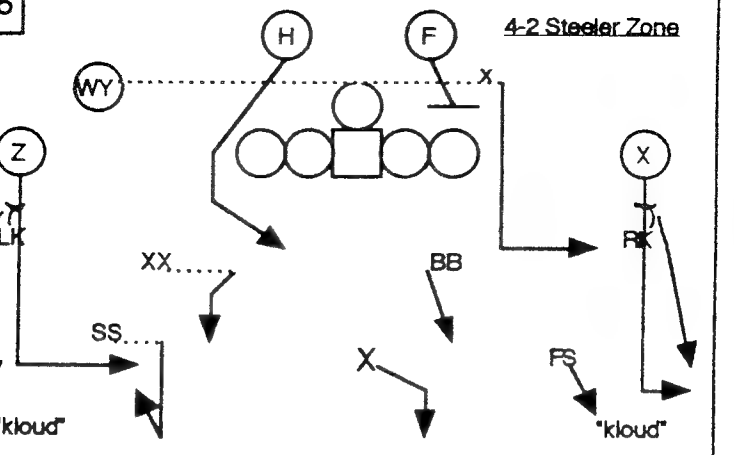
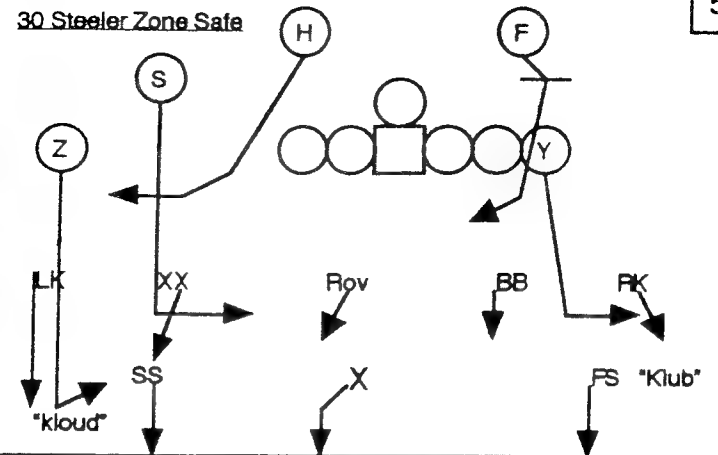
Cover 30 Steeler Zone

Cover Steeler Zone adj. p2

30 Steeler Zone 5-Deep



30 Steeler Zone Safe



COVER MAN HALF

Variations:

1. True Man Half

RK
Z

X
S

B
WE
WT
BB

ST

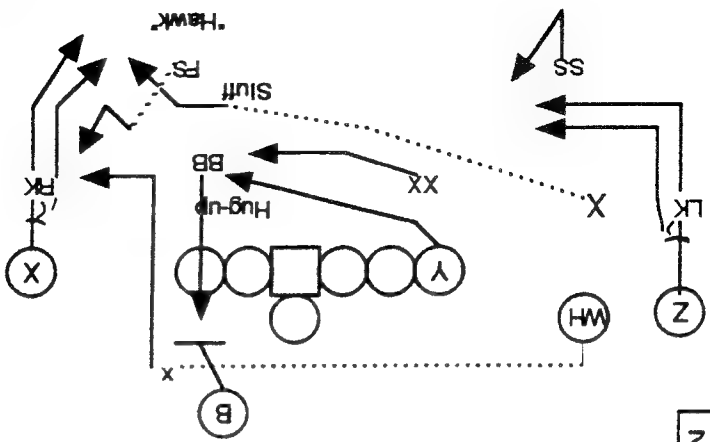
SE
Y
XX

LK
MH

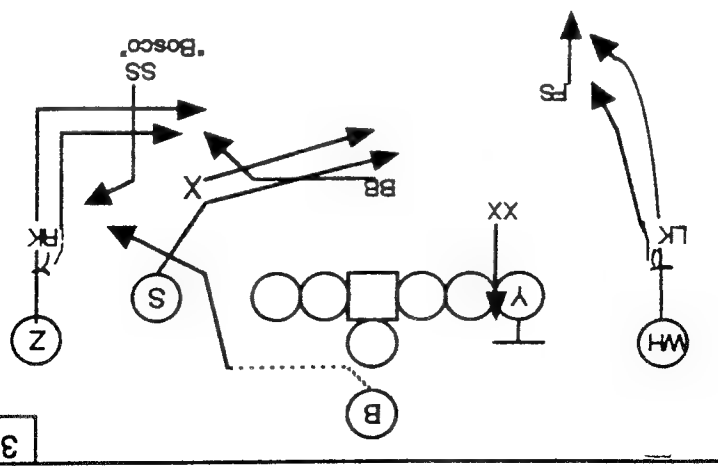
FS

SS

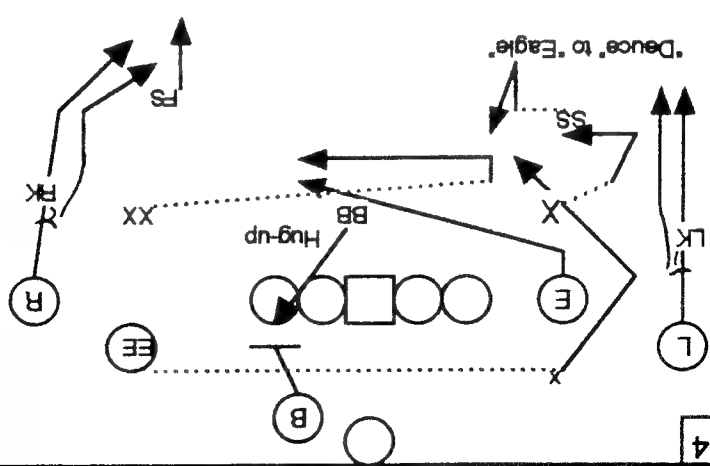
1. This is a man to man coverage with 2 safeties deep half help.
2. Safeties align 12 - 14 yds deep.
3. Safeties are Force.
4. With 2 backs in the backfield, game plan match-up by BB and XX - possible cross fire between XX and BB. XX takes motion by either back except BB's man motions BB's side.
5. Possible Banjo by X and XX vs back and close receiver.
6. Backside of slot - Kloud or Krow.
7. All motion rules are on unless True Man Half is called.
8. Korners Stay System unless True Man Half is called.
9. True Man Half is a man to man coverage with 2 safeties deep half help and owner principle of adjustment vs motion.



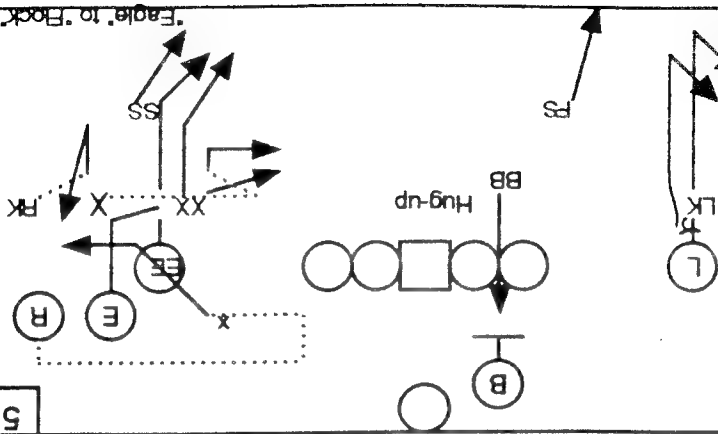
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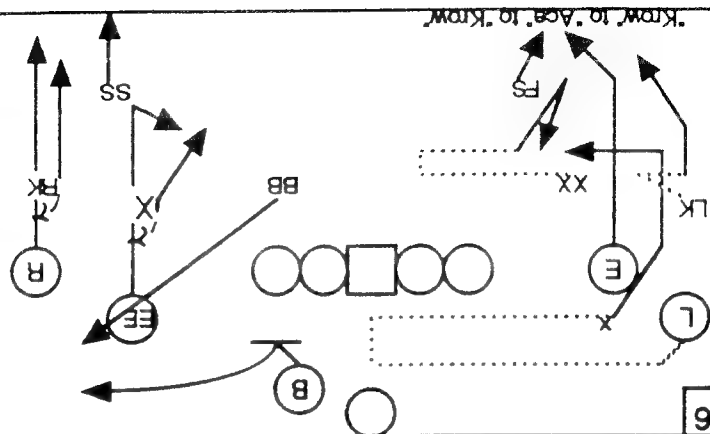
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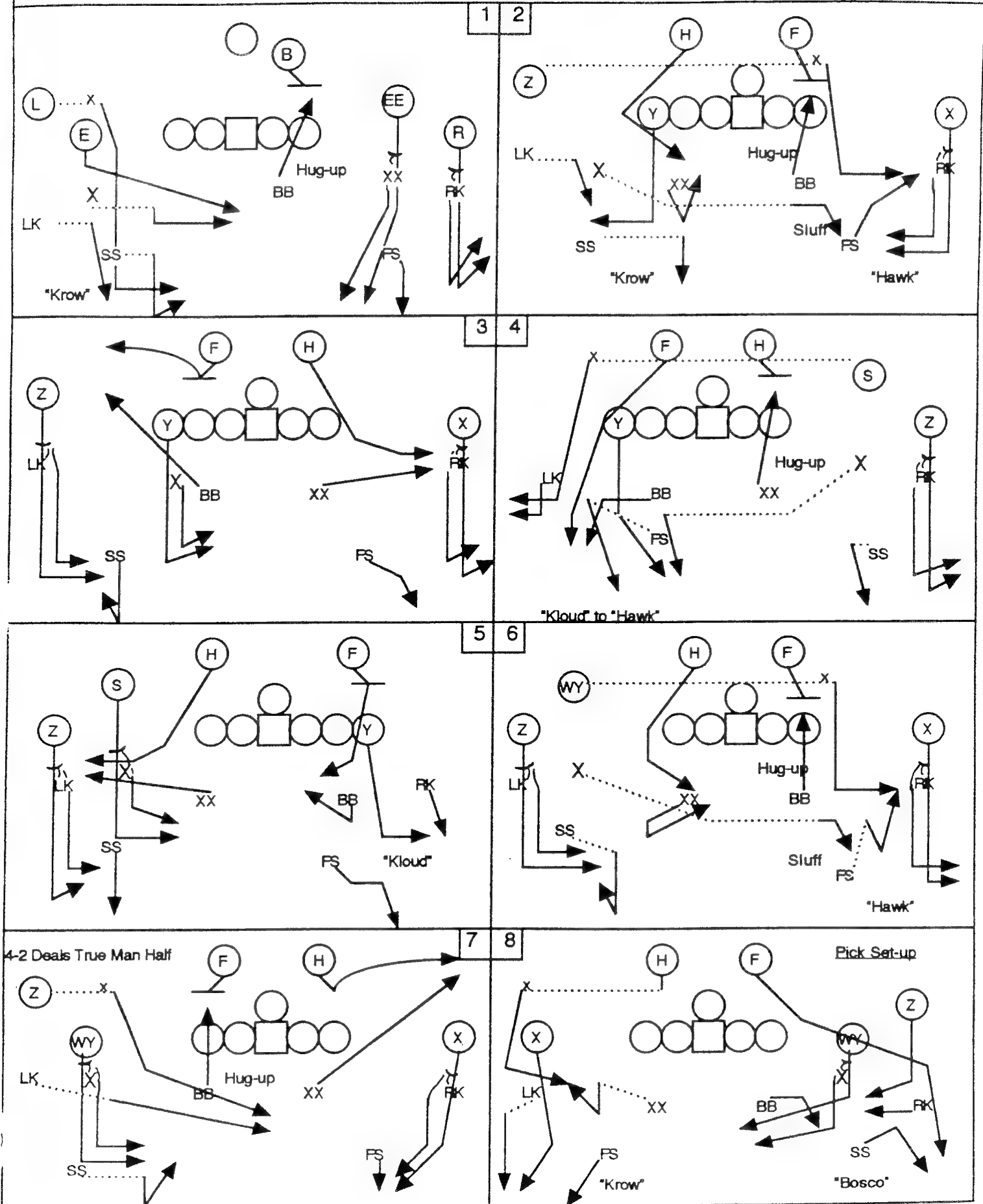
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5



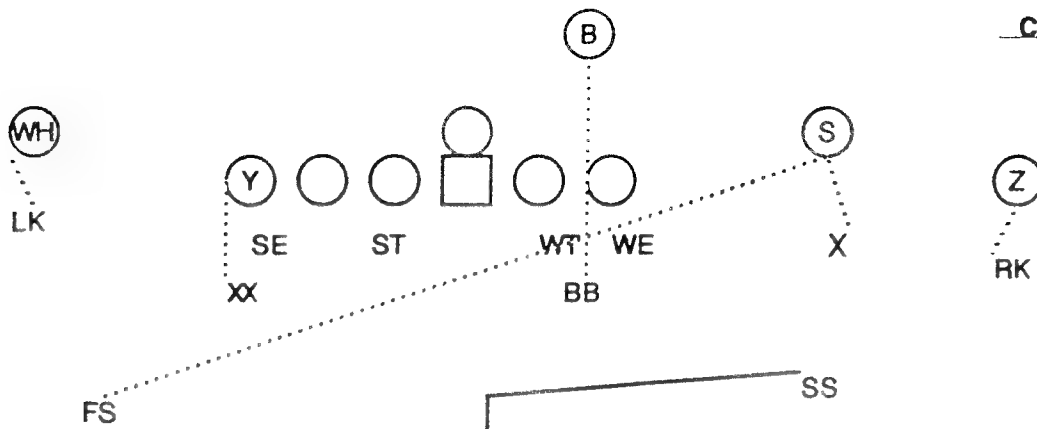
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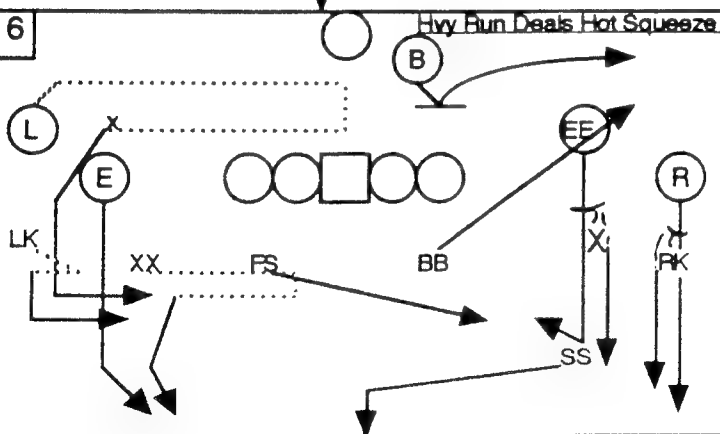
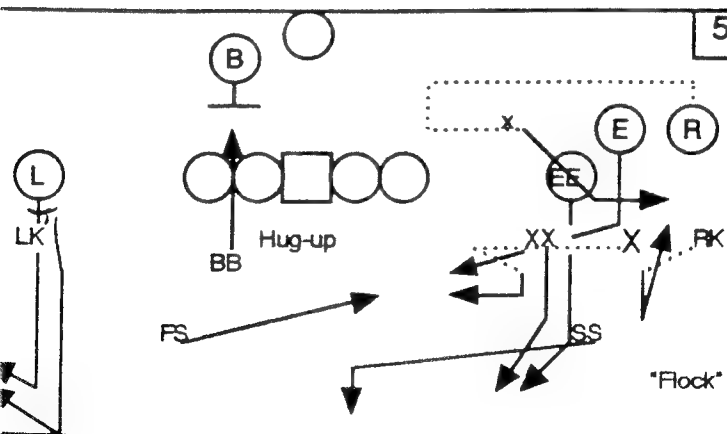
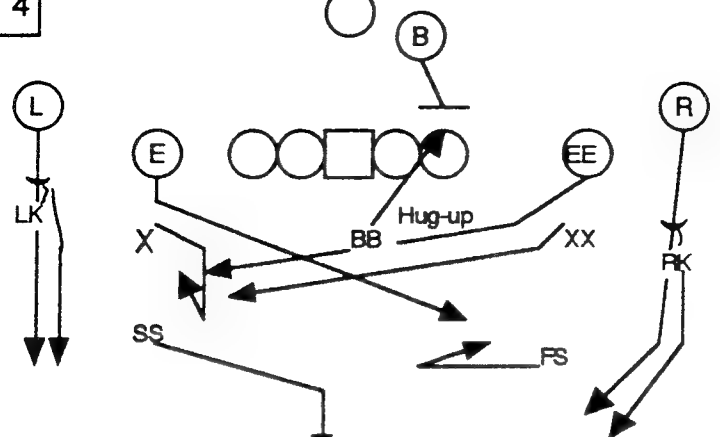
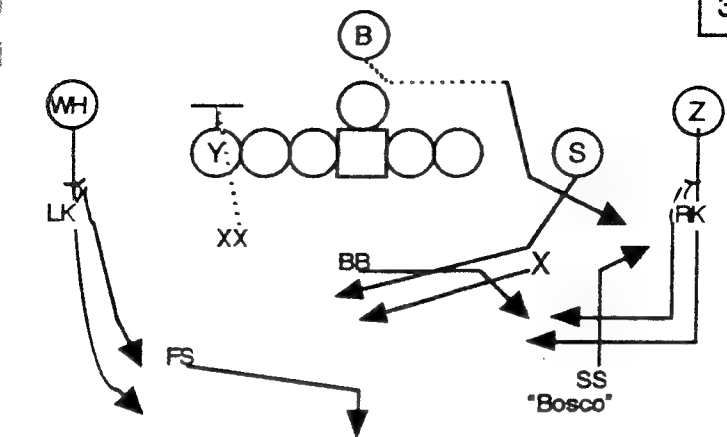
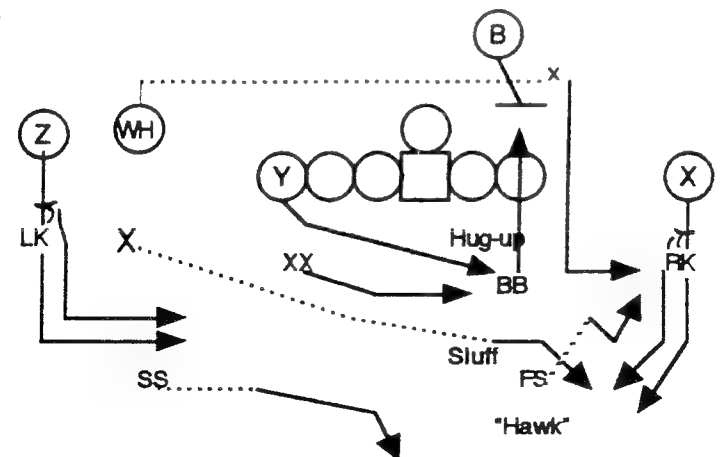
COVER SQUEEZE

Variations:

1. Hot
2. Off
3. Squeeze Back
4. Squeeze Lurk
5. True



1. This is a man coverage with one Safety in Post and one Safety help on a WR or Back.
2. Safety Forces or DE Squeeze.
3. Motion calls are on to Squeeze Safety.
4. Odd back motion either direction - Bosco call and other Safety to Post.
5. Backside of Slot - Man on TE and Back (2 on 2).
6. If X or XX is getting Squeeze help, use Oscar Technique.
7. Corners use Hash - Split rules for technique.
8. Hot Squeeze: Same Squeeze rules with Squeeze Safety in hot position opposite Back if possible.
9. Off Squeeze: Same as Squeeze with up front defenders off 5-7 yds.
10. Squeeze Back: 1 Safety Squeeze a Back (G.P.), other Safety to Post.
11. Squeeze Lurk: 1 Safety on BB's man - BB Lurk.
12. True Squeeze: 1 Safety to Post and 1 Safety in Box area - owner principle with no motion rules.

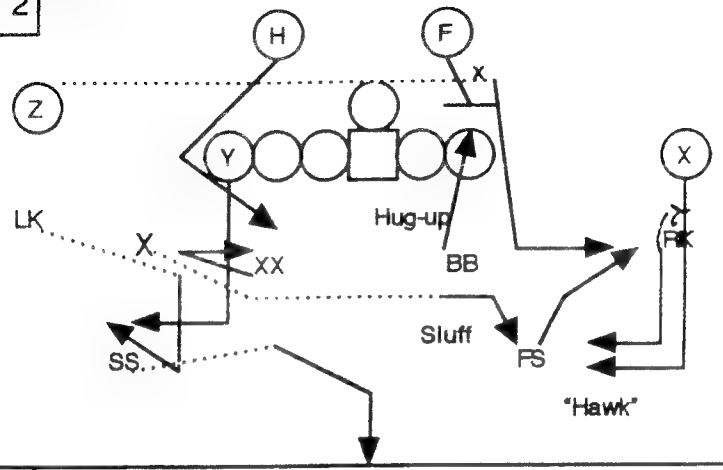
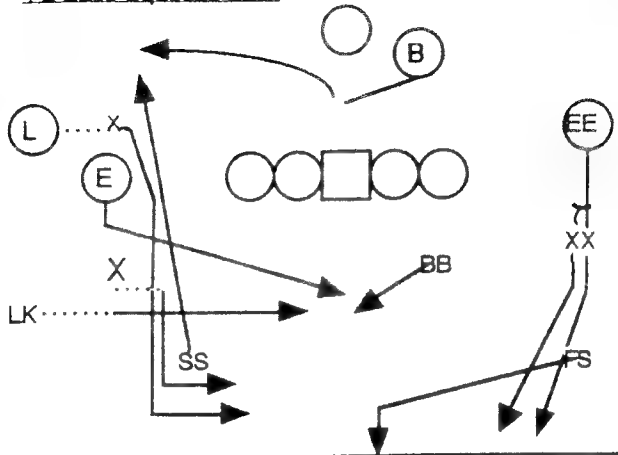


Cover Squeeze

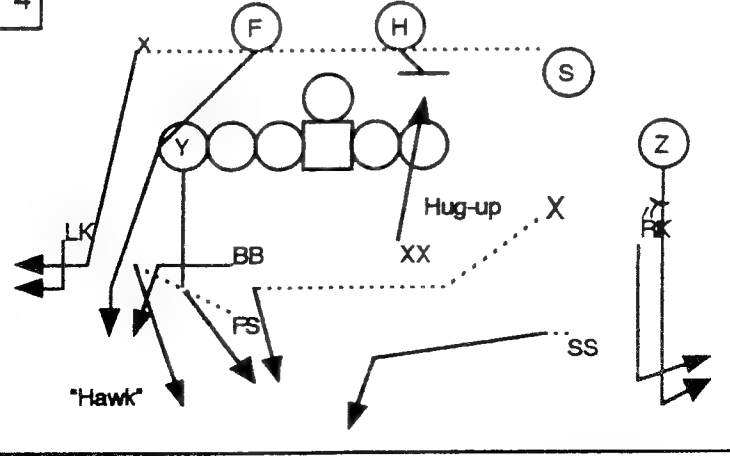
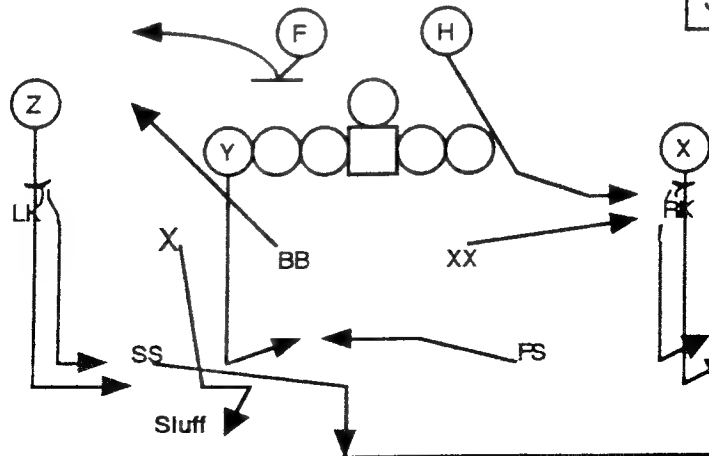
Cover Squeeze adj. p2

4-2 Base Squeeze Back

1 2



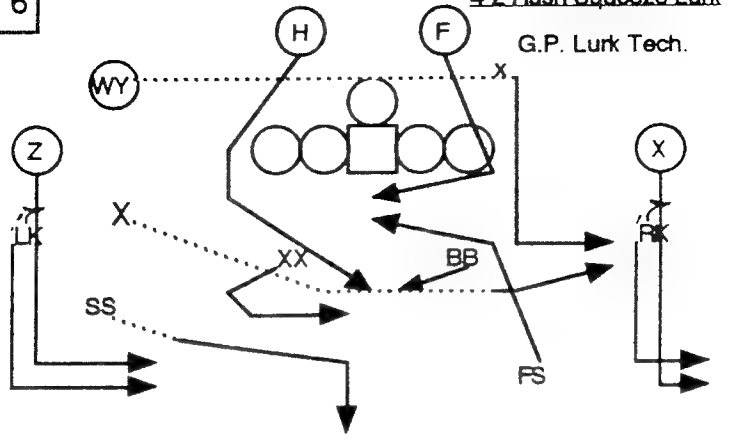
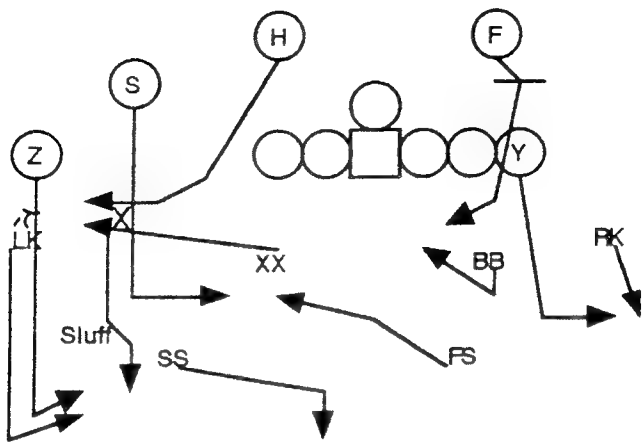
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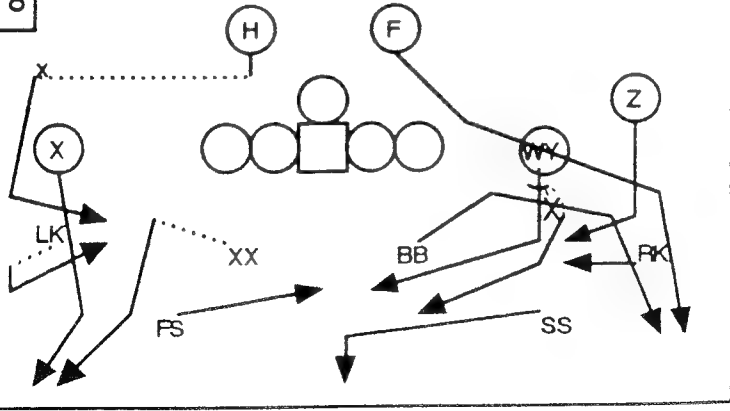
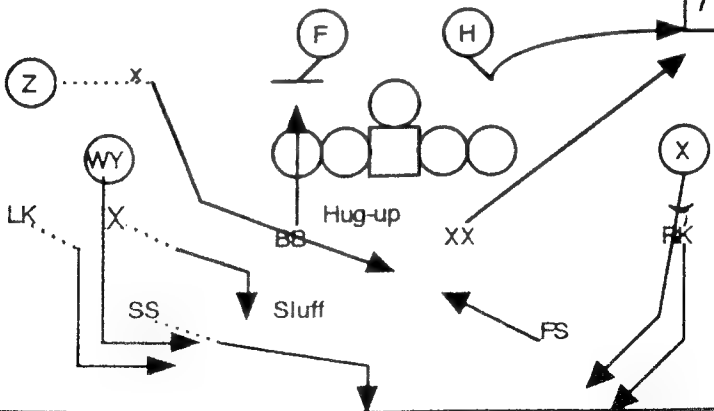
5 6

4-2 Rush Squeeze Lurk

G.P. Lurk Tech.



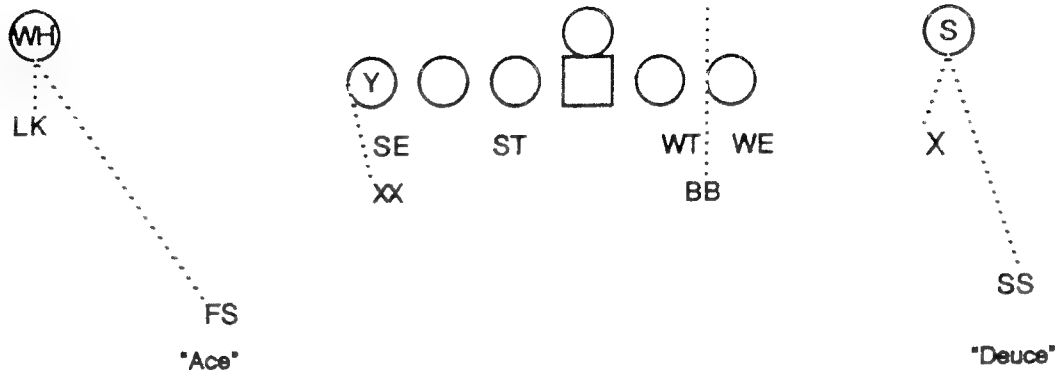
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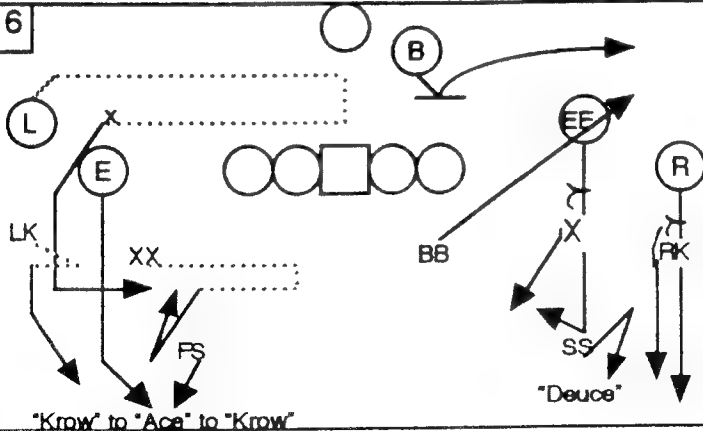
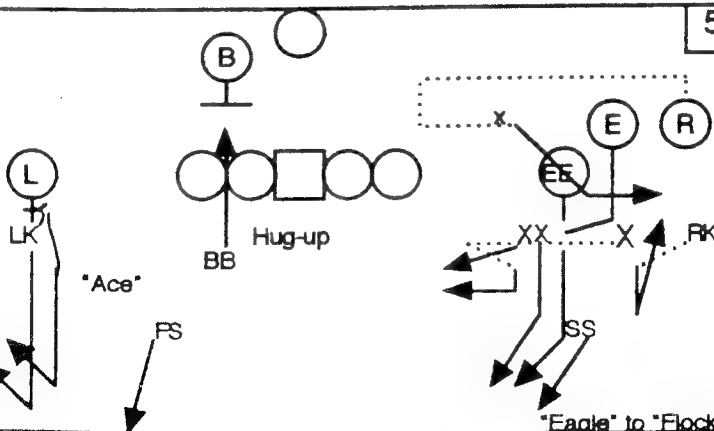
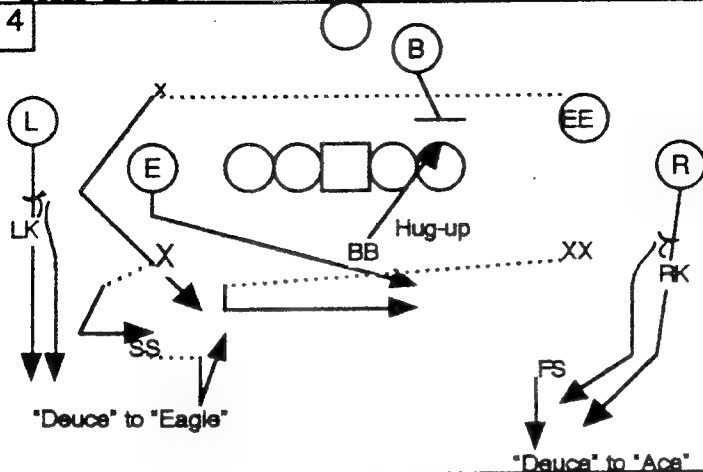
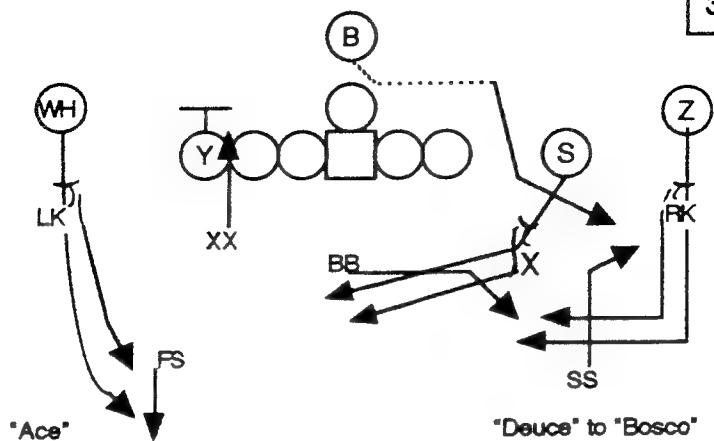
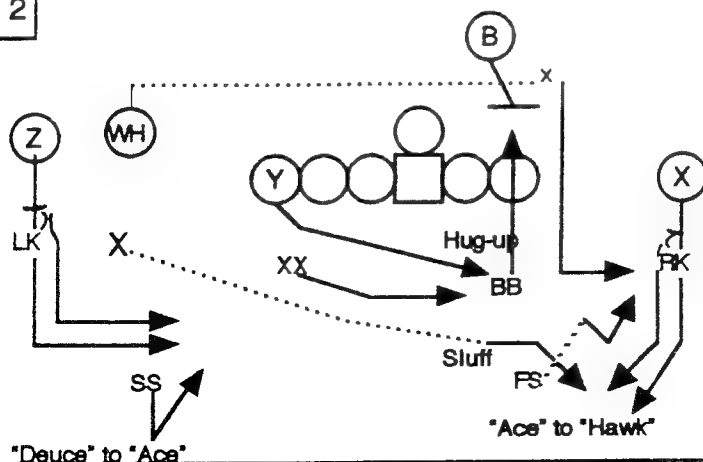
XX COVER COMBO

Variations:

1. Hot
2. Off
3. Free
4. 30 Combo
5. Combo Numbers
6. Free Combo #
7. Steeler



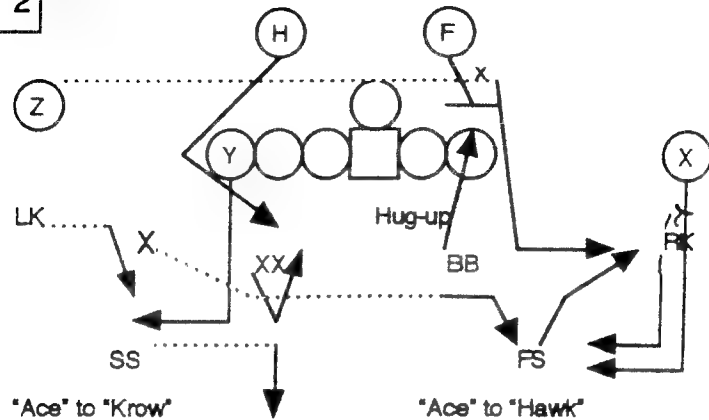
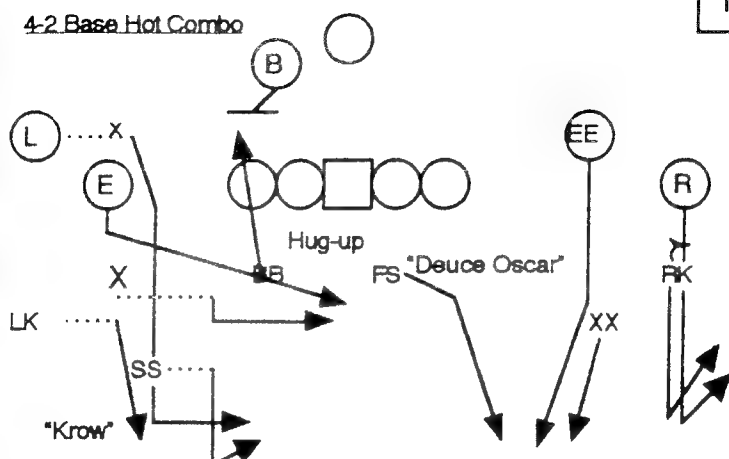
1. This is a man to man coverage with 2 safeties double on 2 receivers - dictated by formation or game plan.
2. Safeties Force or DE squeeze.
3. Motion rules and TE side of slot rules are same as Man Half.
4. Hot Combo: 1 safety in hot spot and combo from hot alignment. Hot Safety may have to come out of hot spot vs motion.
5. Off Combo: Combo rules with up front defenders off 5 - 7 yds.
6. Free Combo: Man coverage with 1 safety combo, 1 safety Post.
7. Combo #s: Man coverage with 2 safeties double 2 designated receivers. Owner principle of adjustment.
8. Free Combo #: Man coverage with 1 safety combo on a designated receiver and 1 safety Post.



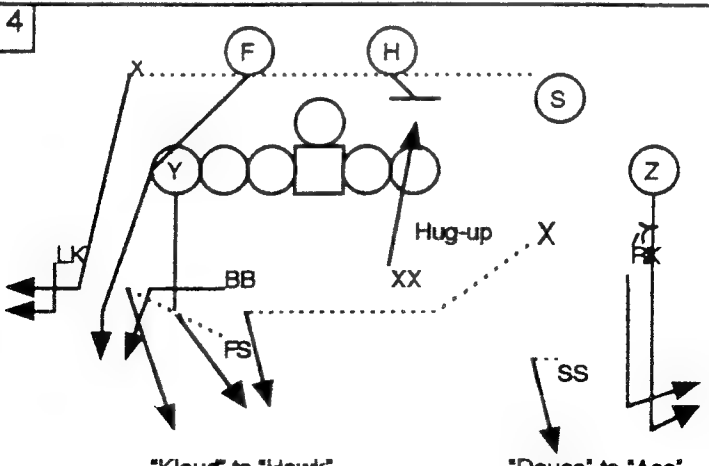
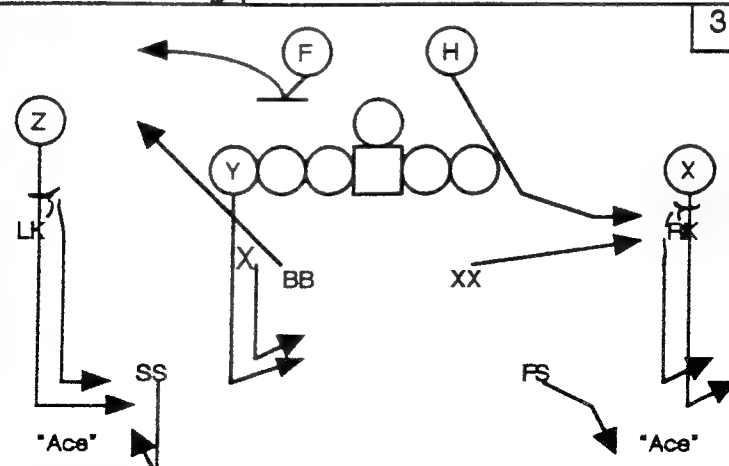
Cover Combo

Cover Combo adj. p2

4-2 Base Hot Combo

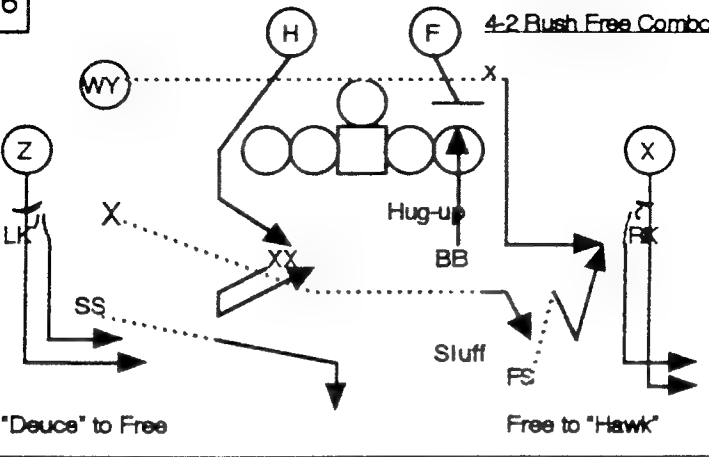
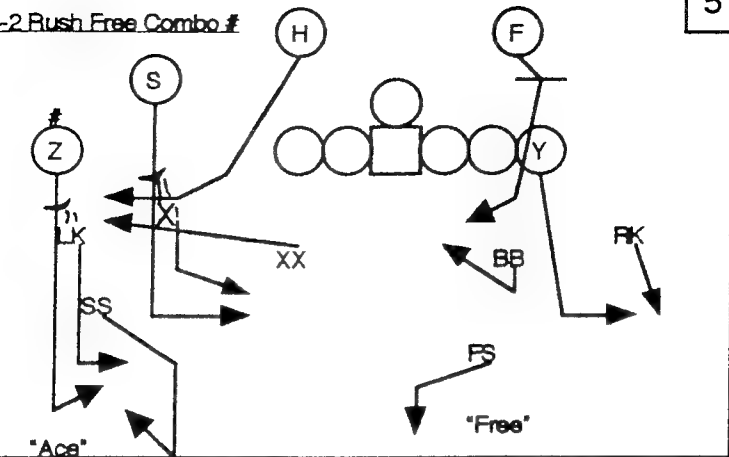


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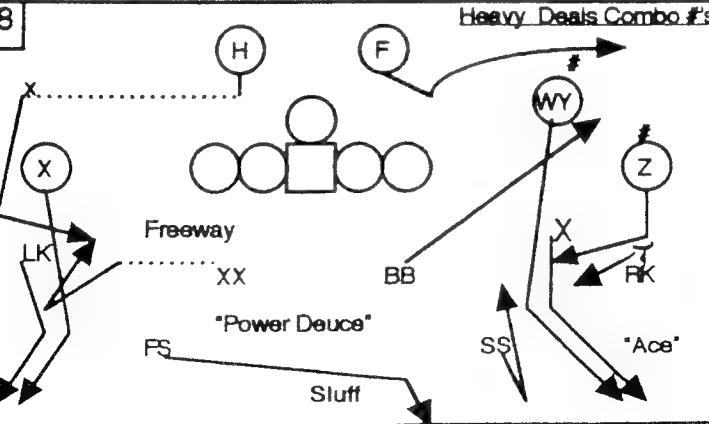
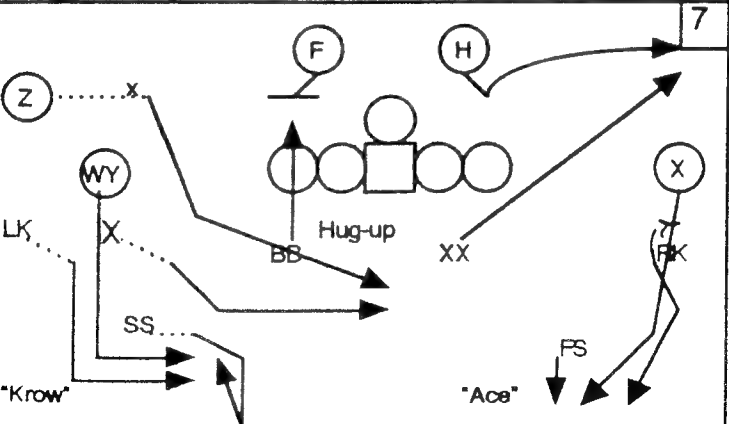


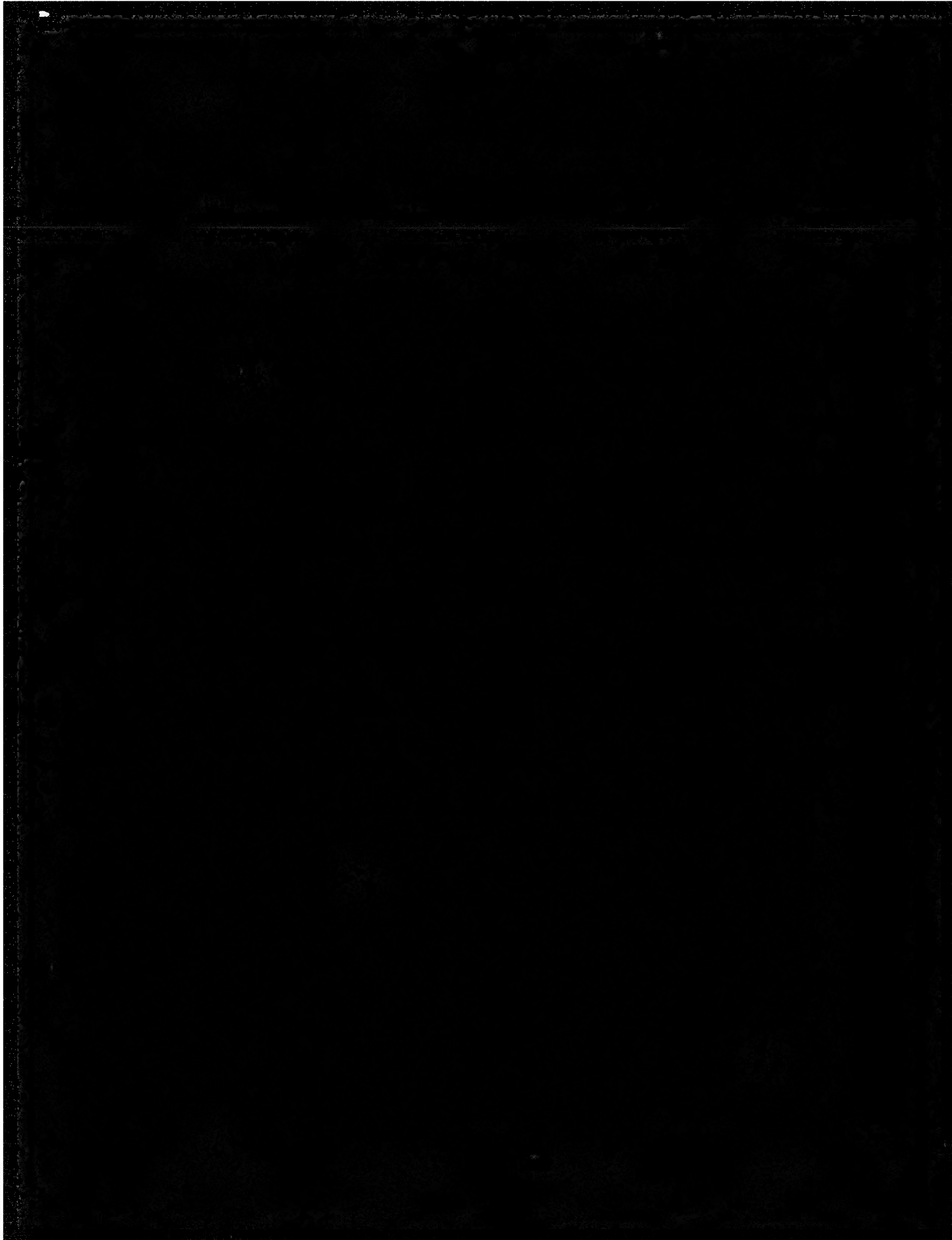
5 6

4-2 Rush Free Combo



7 8





BLITZ INFORMATION

Our theory of blitzes is a penetration type of defense. Used to give strong rush versus the pass and penetration versus the run. We want the element of surprise through a changing pattern of defensive play to create confusion. The blitzing game is very important to us. Because we are an aggressive defensive team, we use the blitz between 10-15% of the time. We blitz more versus the running game than in pass situation. In blitzing we use the element of surprise. Do not show our blitzes.

If it is a pass, we will:

1. Tackle or harass the QB.
2. Create confusion in their pass protection.
3. Force good receiving backs or TE to stay in and protect QB.
4. Deflect the ball.

If it is a run, we will:

1. Tackle ball carrier for a loss.
2. Strip the play of blockers so our secondary can make an easy tackle.
3. Disrupt the timing of the play and create confusion in blocking schemes.

If there is a breakdown in these types of defenses, it must be realized that there is a greater chance for a long gainer due to the loss of pursuit men. Second effort by all eleven defensive men can minimize long gains. Let's not use the "I did my job" theory. Pass blitzes must not only keep outside contain, but we must maintain our rushing lane responsibilities.

Everyone must know the situation on blitzes, whether it is a run or pass down. This will aid in our success of the blitz. We will dictate the results by the aggressiveness in which we get to the ball. No finesse technique is used. Everyone hit their hole responsibility with aggressiveness. If it is a pass, only one or two blitzers will get free. Everyone else must power rush to collapse the pocket.

"THIS IS AN ATTACKING DEFENSE"

PATRIOT BLITZES

This outline will give you an overall picture of our blitz system.

- A. The first number or word will give the front configuration.
 - B. If we add the word "Bump" to Blitz coverages, we are telling the DB's to Bump technique.
 - C. In the 30 and Cougar systems G0's are 5 man rush and DOGS are 6 or more rush.
 - D. In the XX system all the blitzes are named. Some are 5 man rush, some are 6 man rush.
-

30 Blitzes

- 1. Outside G0's - Cover - Willy - True Willy
Jam-Pinch-Angle-Db1 Gap
Over-Stack-Over Angle
- 2. Weakside G0's - Cover - Saber
30-Gap-Over-Lion

Cougar Blitzes

- 1. (Chris) G0 - Cover - Man
Cougar-Heavy-Db1 Gap
- 2. Mad Dog - Cover - Mad Dog
Cougar-Heavy-Db1 Gap

XX Blitzes

- 1. BB Blitz - Cover - BB Blitz Cover
42-Heavy-30-Miami
- 2. Dynamite Blitz - Cover - Dynamite Blitz Cover
42-Heavy-30
- 3. Trojan Blitz - Cover - Trojan Blitz Cover
42
- 4. Double Trojan Blitz - Cover - Double Trojan Blitz Cover
42
- 5. Miami Safety Blitz - Cover - Miami Safety Blitz Cover
Miami Front

1991 BLITZ VS. RUNS

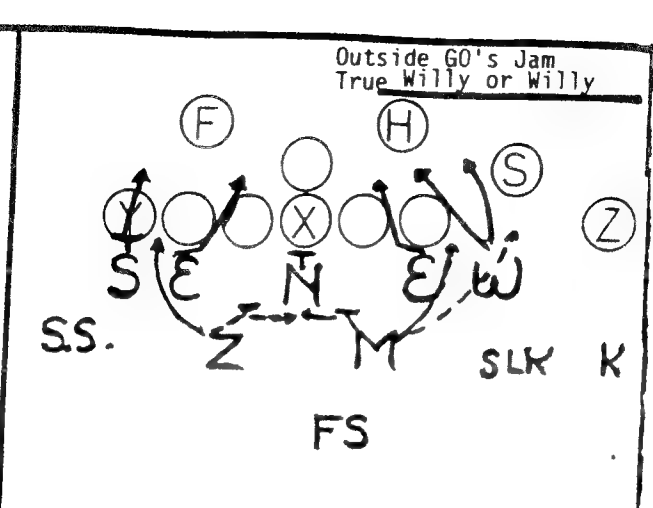
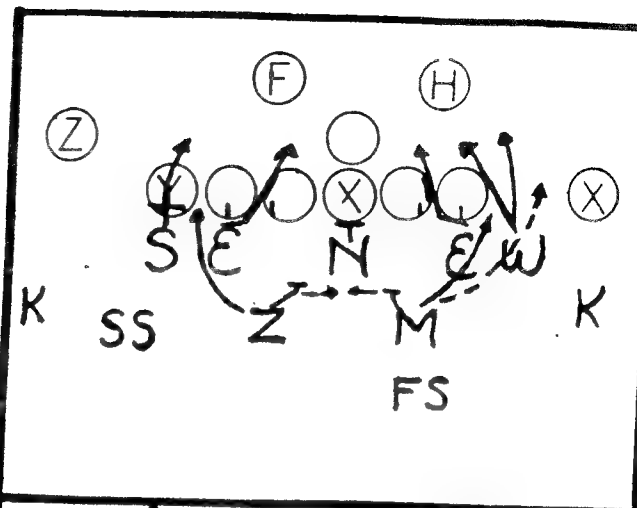
BLITZ	ATT	YDG	AVG	LONGEST	AVG WITHOUT LONGEST	% 3 YDS OR LESS	TD
Outside GO's	20	+39	2.0	+11	1.5	75% 15 of 20	0
Misc 30	1	+1	1.0	+1	0	100% 1 of 1	0
Cougar Blitzes	12	+33	2.8	+8	2.3	67% 8 of 12	0
XX Blitzes	5	+9	1.8	+4	1.2	80% 4 of 5	0

1991 BLITZ VS. PASS

BLITZ	ATT	COMPLETE	YDG	LONGEST	SACK	% SUCCESS	TD
Outside GO's	8	4	+53	+24	1	62% 5 of 8	0
Misc 30 Blitzes	4	2	+20	+18	1	50% 2 of 4	0
Cougar Blitzes	27	12	+133	+55	4	70% 19 of 27	2
XX Blitzes	33	19	+226	+38	3	63% 21 of 33	4

BLITZ TERMINOLOGY

- SPY - LB or a Safety responsible for Screen or delay by a pass blocking back.
- HUG UP - When offensive Back or TE pass blocks, the defensive men covering attack him to keep him blocking and not release into pattern.
- ENGAGE BLITZ - A Blitzzer becomes responsible for back your side if he blocks or releases your side.
- PEEL BLITZ - A Blitzzer becomes responsible for back to your side on swing only.
- DE SWING CHARGE - An outside pass rushing DE responsible for wide swing your side.
- FREE RUSHER - No cage responsibility on pass rush.
- BALANCE RUSH - Defensive linemen watching and possibly exchanging lanes with an outside rusher.
- STRONG BANJO ("BJ") - Coverage by 2 DB's on Y and a Back to Y's side.
- WEAK BANJO ("BJ") - Coverage by 2 DB's on TX and a Back to TX's side.
- FLOW BANJO - Coverage by 2 DB's on Y and a Back to Y's side only on Flow.
- "NO FLOW" - Eliminates Flow Banjo.
- FLOCK BANJO ("Easy") - Coverage by 2 DB's on 2 receiver in a Flock set up. Can be a lineup Flock or motion to Flock.
- FLOCK - 3 receivers on or close to LOS in a close grouping. Can line up or motion to a Flock.
- FLOW - 2 offensive Backs going to Y's side.
- FLOW WEAK - 2 offensive Backs going away from Y.
- FLOAT - DB becomes free if his receiver (on LOS) pass blocks.
- OWNER - Defenders stay on their receivers on shifts and motion.
- ROCK & ROLL - LB's change from one receiver to another on motion.
- FS GONE - Means FS is gone from his normal lineup position. This may change run forces.
- TAB - Two LB's are responsible for TE and Back on Single Back formations.
- SINGLE BACK RULE - Game Plan Rule for 2 LB's vs. Single Back Formation.
a) Db1 Back
b) One LB Blitz
c) One LB help on another receiver
d) One LB Dog Middle



	POSITION-CHARGE		Strong RUN RESPONSIBILITY		DROPPACK RESPONS.	PLAY ACTION RESPONS
SAM (S)	Head	Jam	6 to 8 Fill or Force	Squeeze 6 Chase	Cage	Cage
ZIP (Z)	Base	None	6-8 Scrape Cutback	2 Qk Pursuit	True Willy or Willy	True Willy or Willy
MIKE (M)	Base	None	3 Qk Pursuit	7-9 Scrape Swoop Cutback, Fill or Force	True Willy or Willy	True Willy or Willy
WILL (W)	Base	Squeeze Stuff	7-5 Chase or Qk Chase	9-7-5 Cutback Fill	Free Rusher	Play Action Strong-Cage
STRONG KORNER (SK)	Normal Bump	None	Secondary Force Secondary Force	Pursuit Pursuit	Man on Z	Man on Z
WEAK KORNER (WK)	Normal Bump	None	Pursuit Pursuit	Secondary Force Secondary Force	Man on X	Man on X
SLOT KORNER (SLK)	Bump	None	Pursuit Pursuit	Secondary Force Secondary Force	Man on Slot	Man on Slot
STRONG SAFETY (S/S)	Normal SUP Sex Head		Force Fill Force Fill	Pursuit Pursuit	True Willy or Willy	True Willy or Willy
FREE SAFETY (F/S)	Normal Odd Form Position	None	Pursuit Pursuit	Force Fill Force Fill	True Willy or Willy	True Willy or Willy

WILLY COVERAGE POINTS

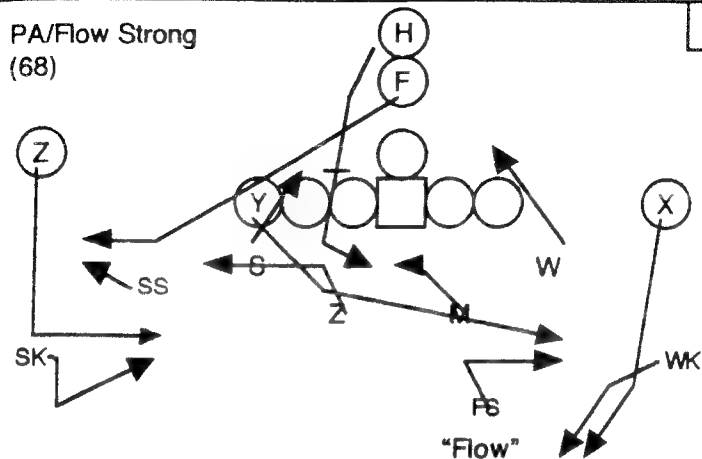
1. This is a Blitz coverage where we have a Safety in Post except vs. PA passes.
2. No Flow Banjo vs. TE Flex - TE Com
3. Goes to "Saber" vs. Odd formations.
4. Two non-blitzing LB's use Cross Fire techniques vs. 2 Backs in backfield.
5. We will use Strong banjo vs. near.
6. Float Technique is used vs. Slow Blocks.

TRUE WILLY COVERAGE POINTS

1. This is a Blitz coverage where we have a Safety in Post except vs. PA passes and Odd formations.
2. No Flow Banjo vs. TE Flex - TE Com
3. We lock 4 DB's vs. Odd formations.
4. If FS gone (Odd formations) OLB or Swoop Inside LB becomes Force.
5. We will use Strong Banjo vs. Near.
6. Float Technique is used vs. Slow Backs.
7. Single Back rule vs. Single Back formations.

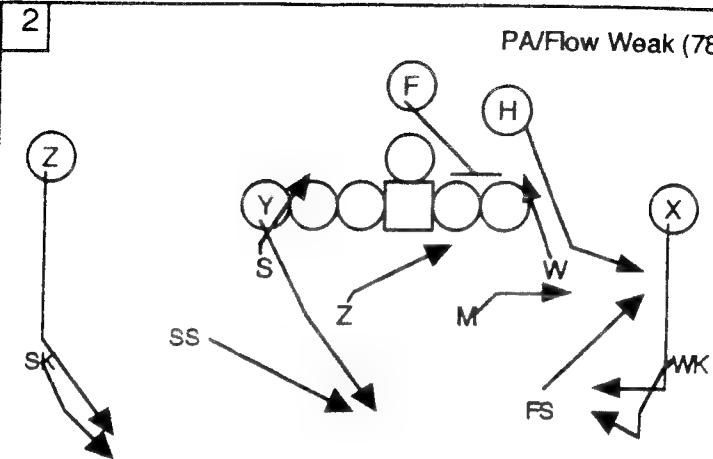
Willy Coverage

PA/Flow Strong (68)

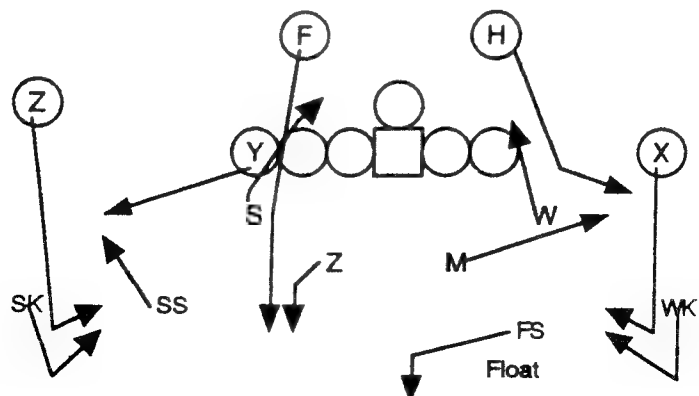


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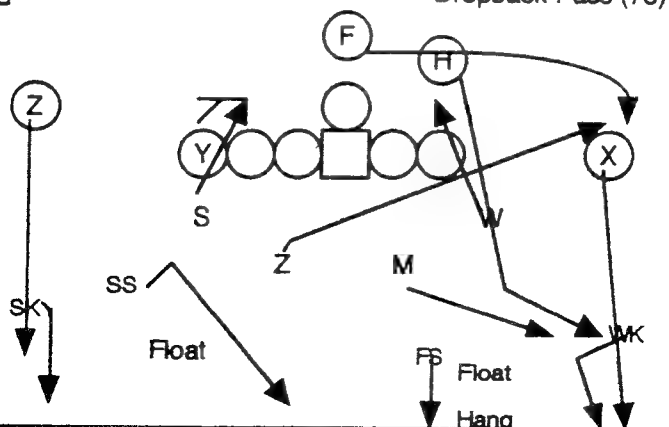


Dropback Pass (80)

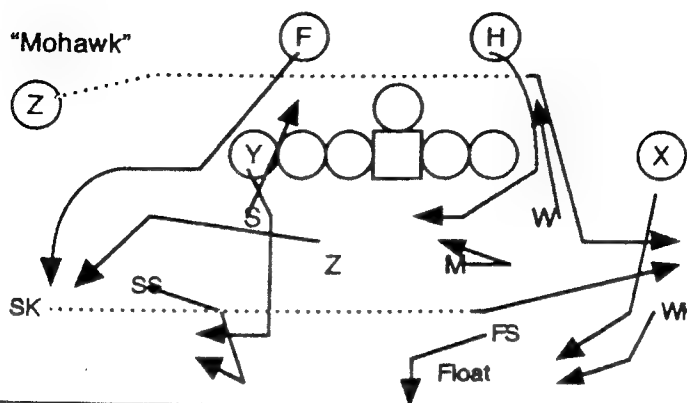


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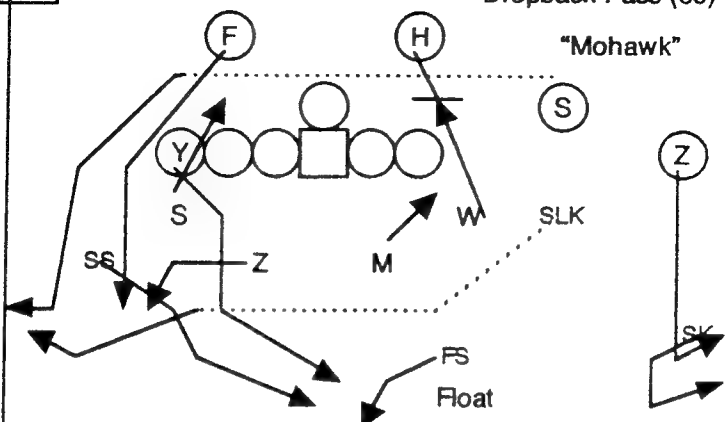


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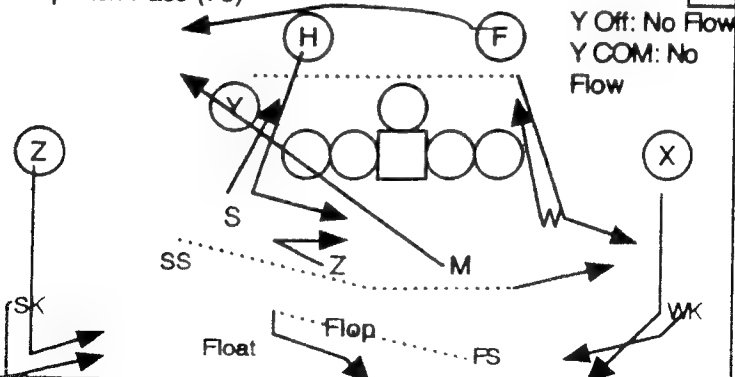


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Dropback Pass (60)



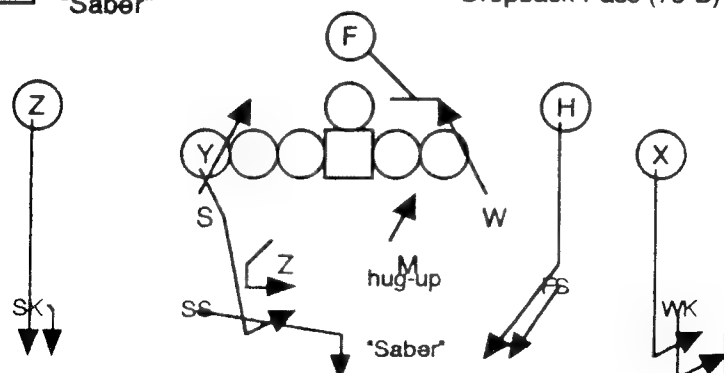
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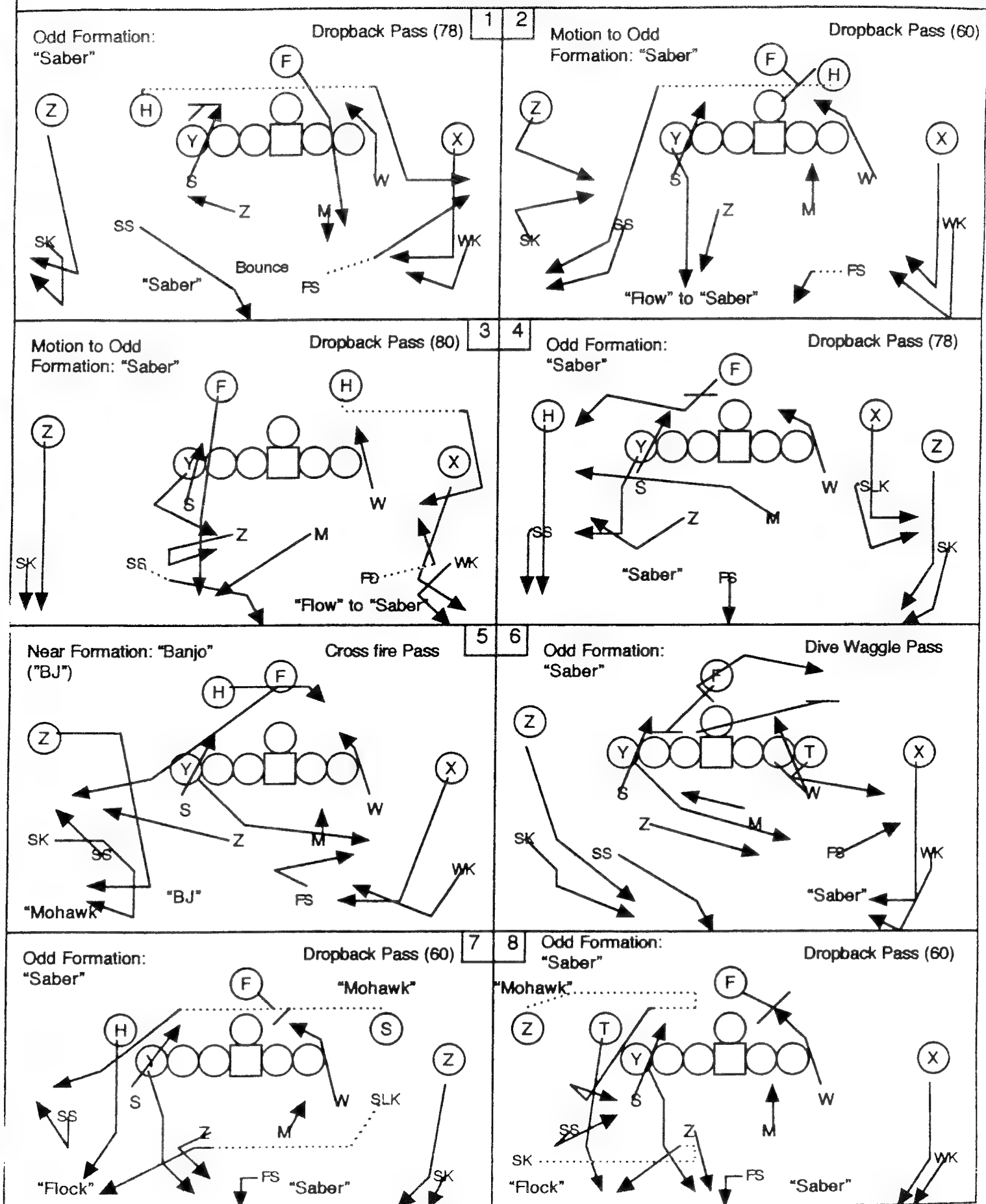
7 8

Single Back Rule:
"Saber"

Dropback Pass (78-B)

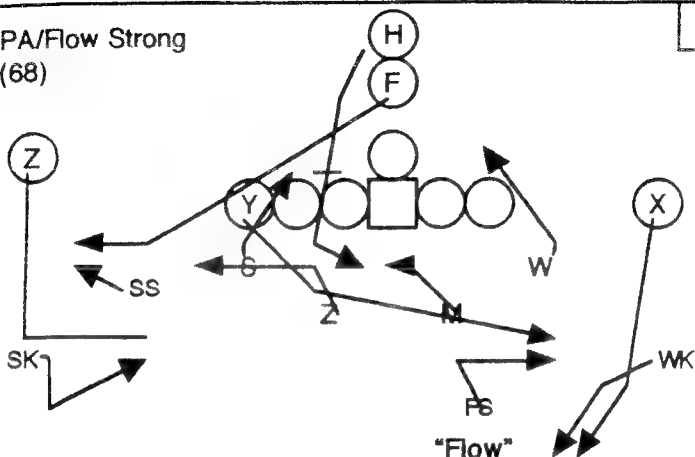


Willy Coverage



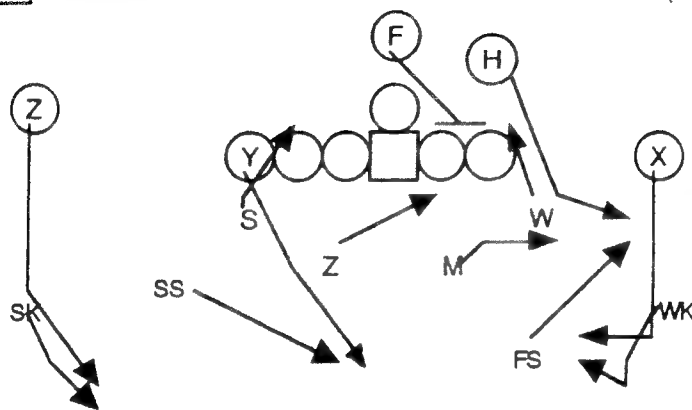
True Willy Coverage

PA/Flow Strong
(68)

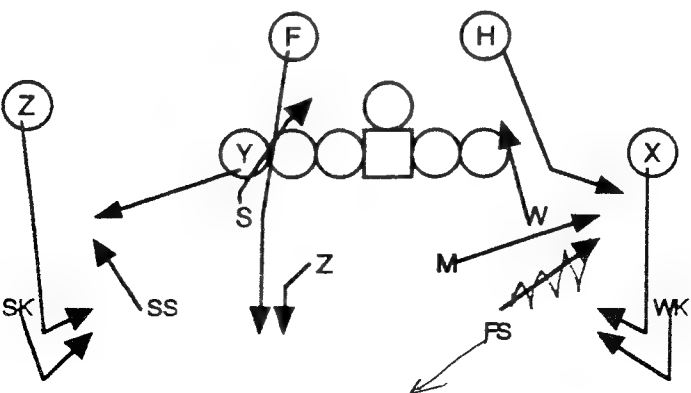


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PA/Flow Weak (78)

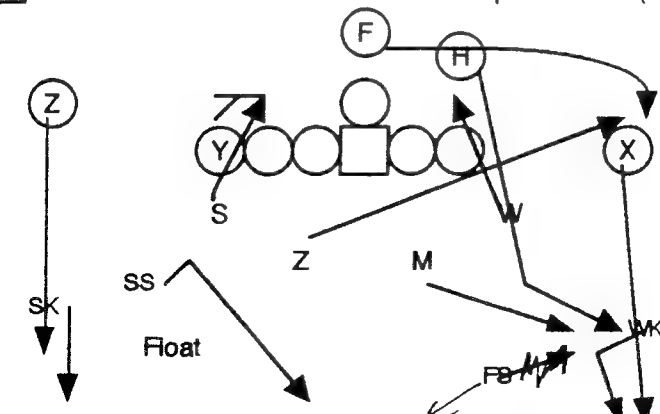


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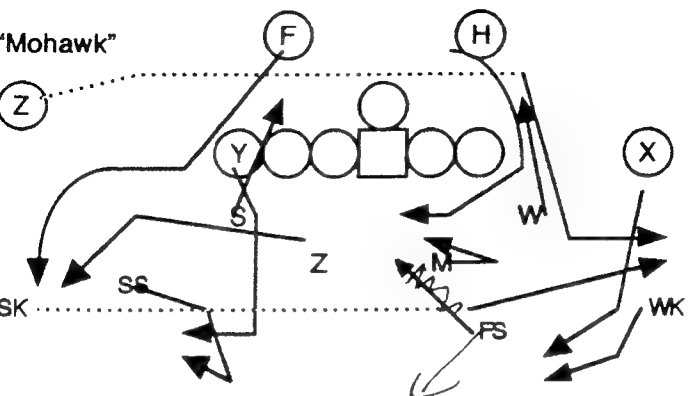


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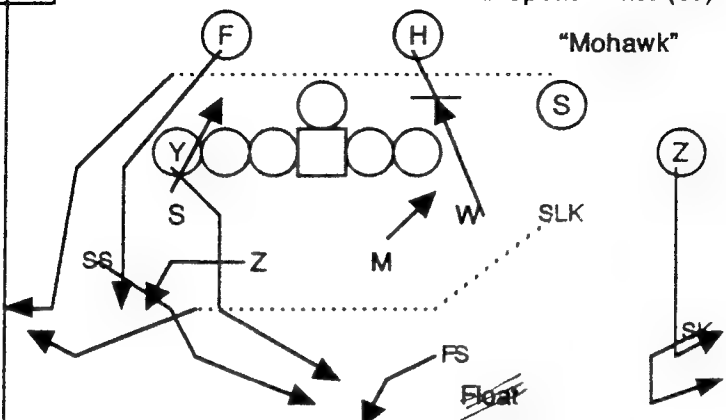


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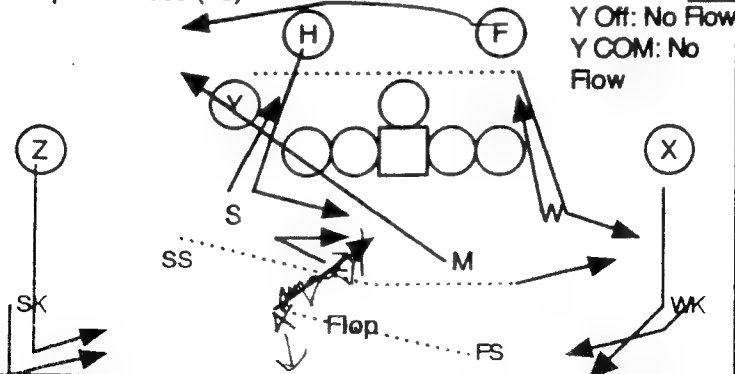


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Dropback Pass (60)



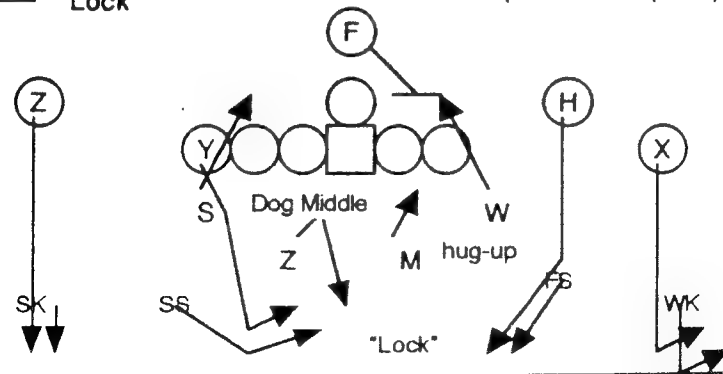
Dropback Pass (78)



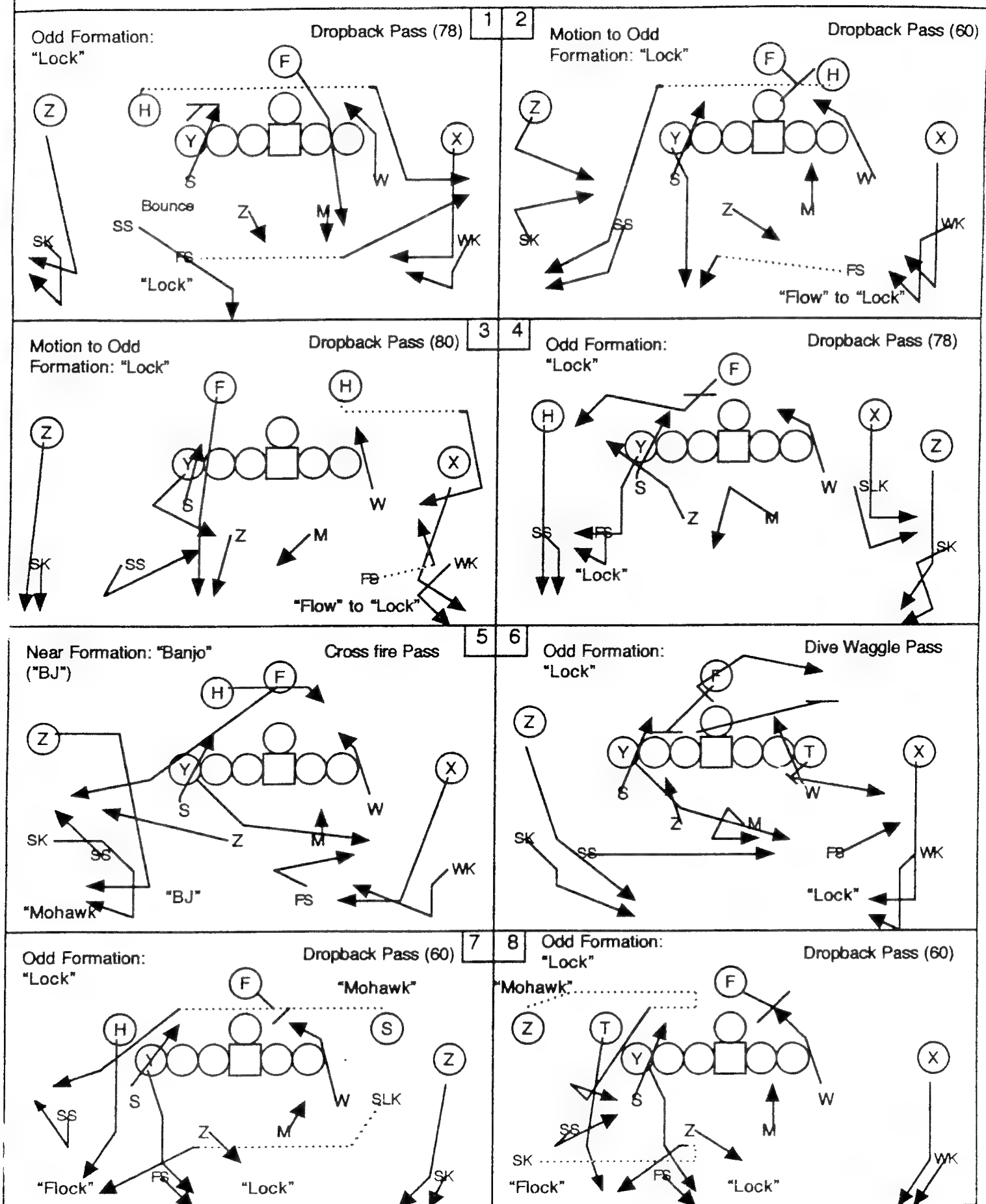
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Single Back Rule:
"Lock"

Dropback Pass (78-B)



True Willy Coverage

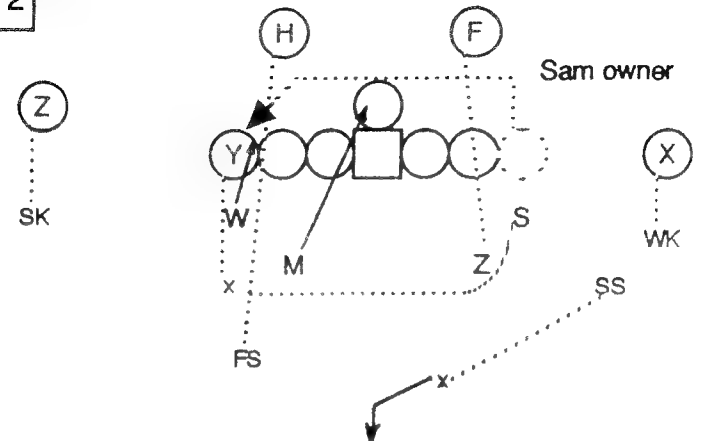
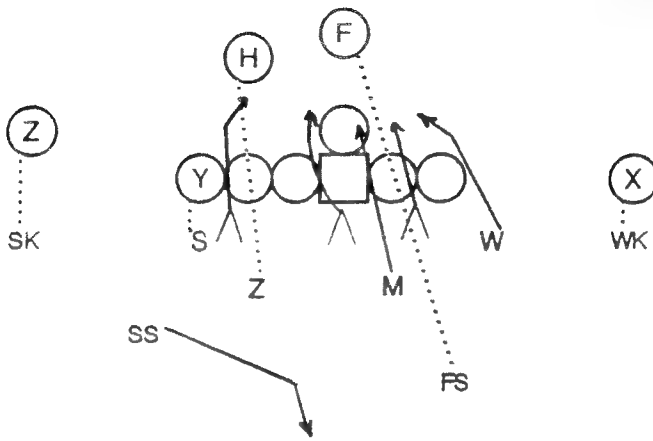


SABER COVERAGE POINTS

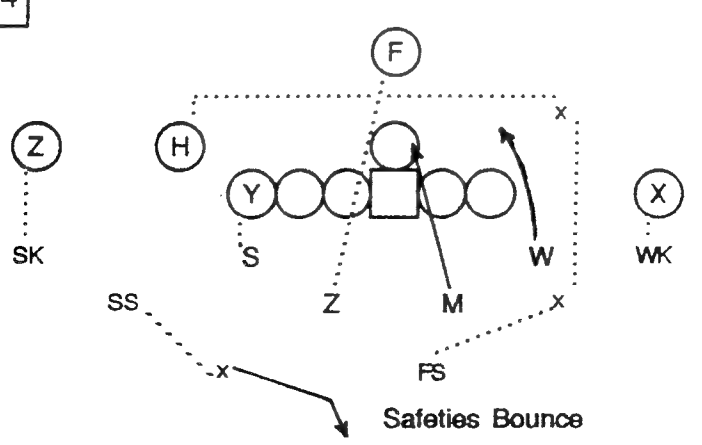
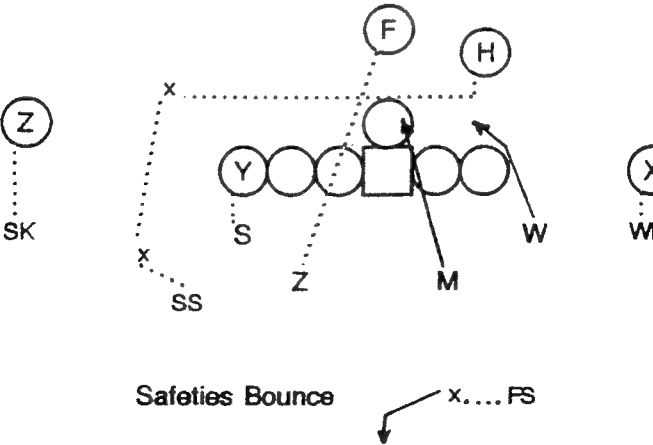
1. This is a Blitz coverage where we always have a Free Safety in the Post - either FS or SS.
2. No Flow Coverage
3. 2 Backs in backfield - Cross Fire technique is used by FS and Zip except vs. Split.
4. FS Gone (Odd formations)-Will force Blitz.
5. Odd to TE side SS in coverage - FS Post.
6. Odd away TE side FS in coverage - SS Post.
7. FS spy HB vs. 2 Backs.
8. Owner principle vs. TE move.

Saber Coverage

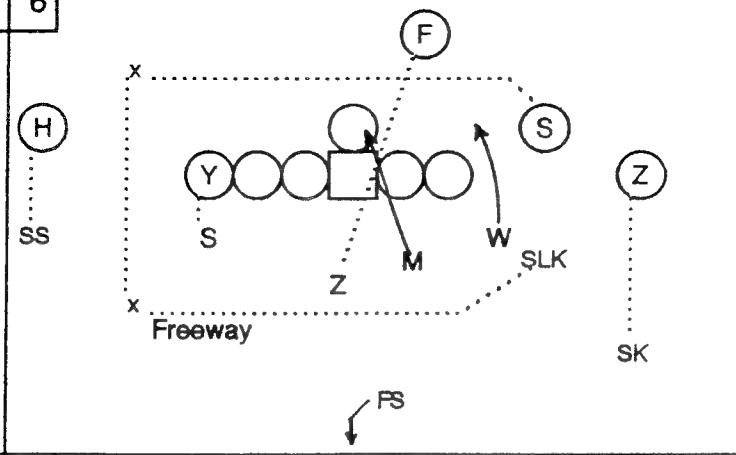
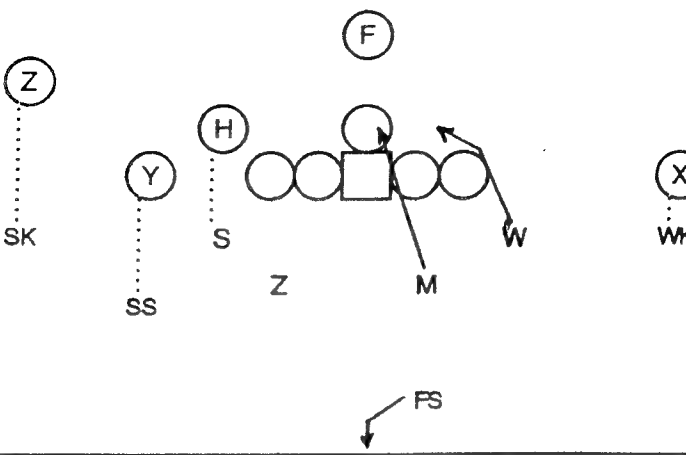
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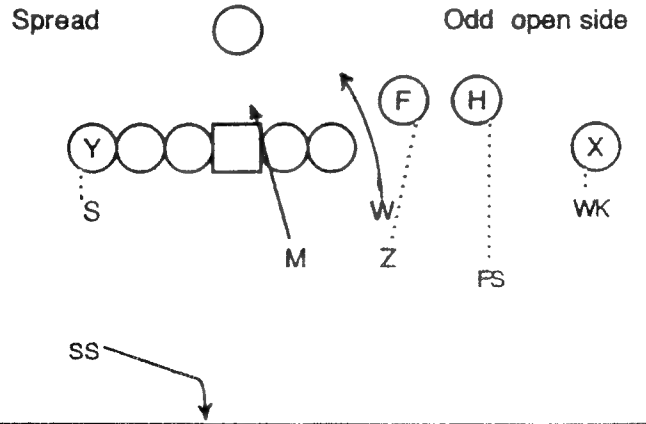
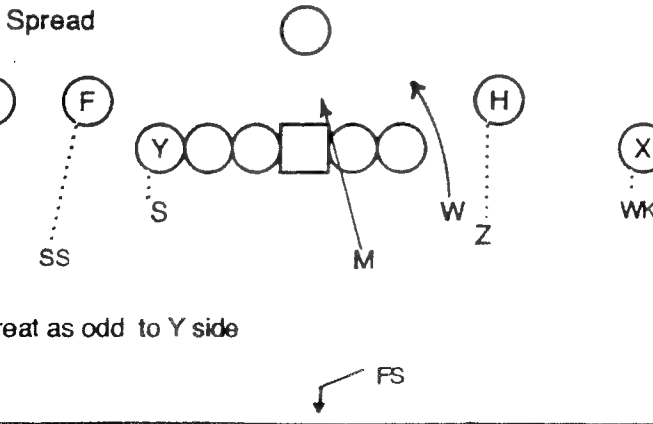
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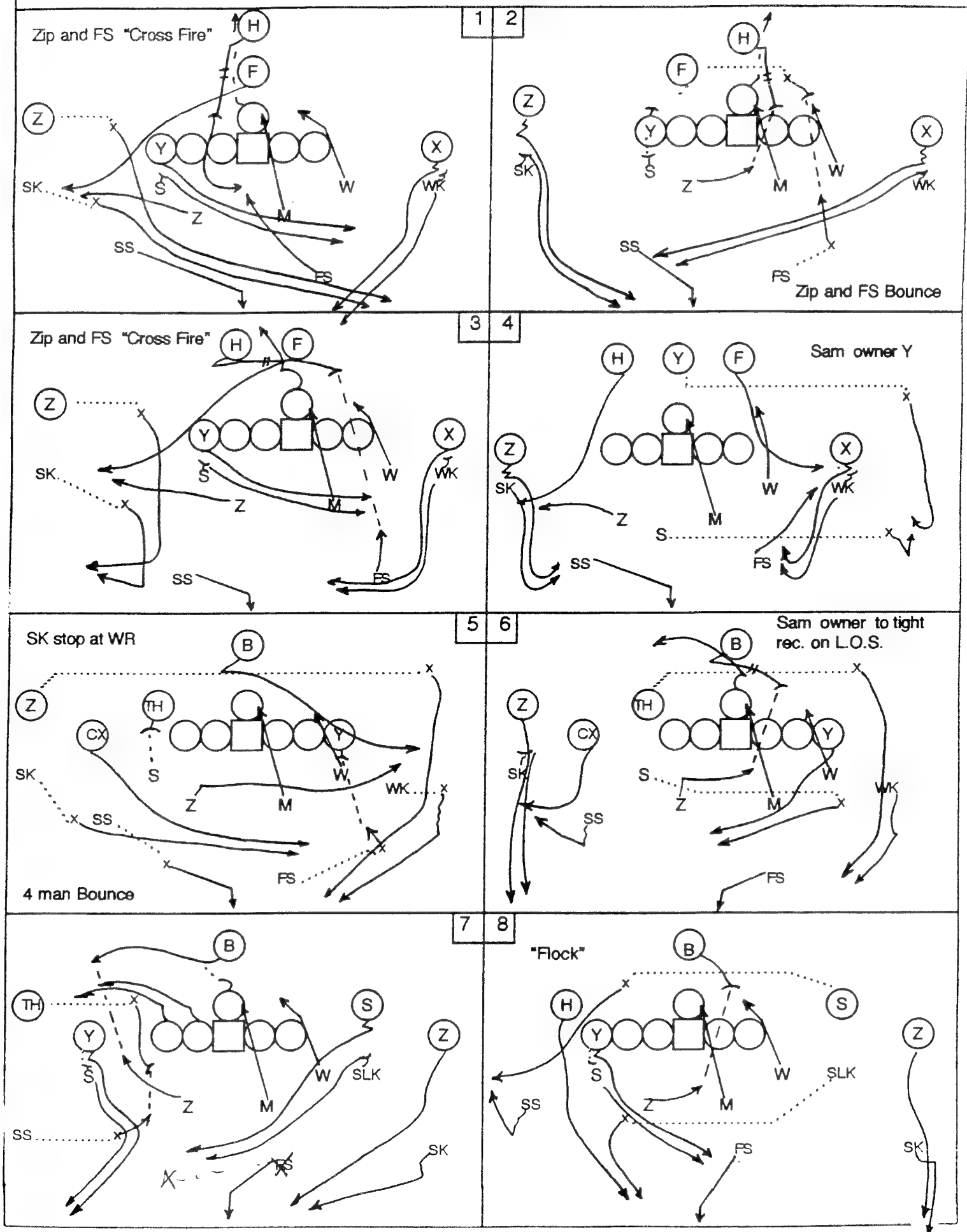
5 6



7 8

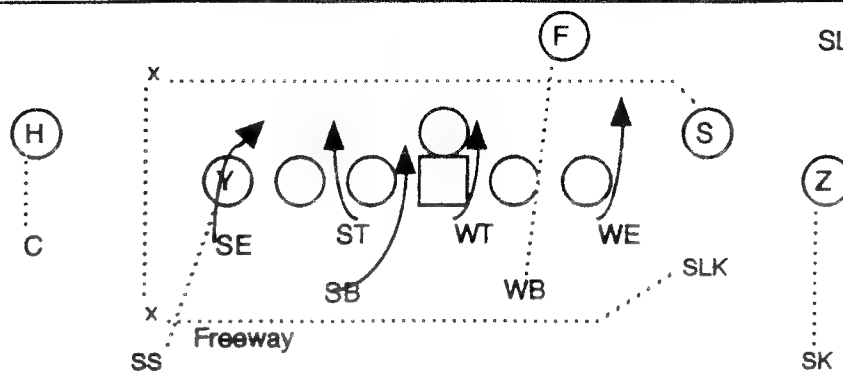


Saber Coverage

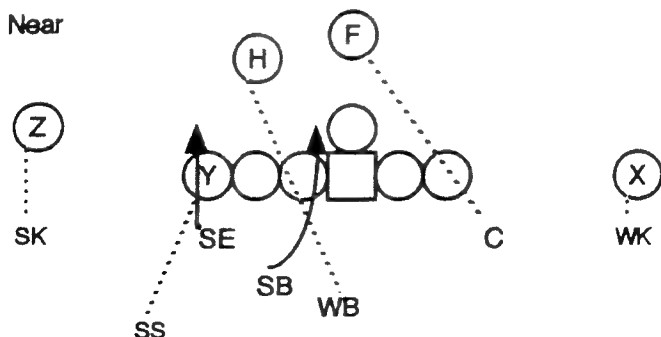


COUGAR: Heavy Chris-Go Man

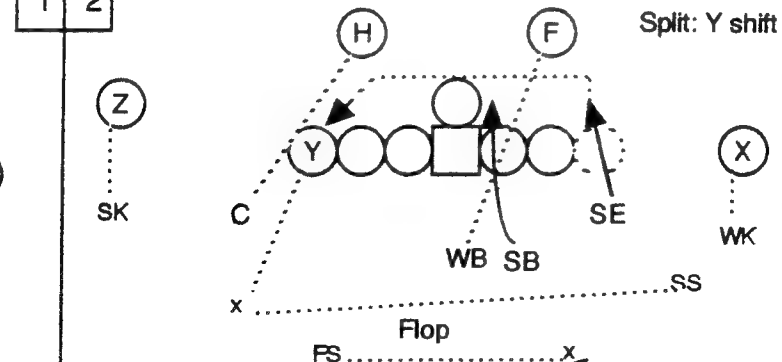
SLOT DOUBLE: SL COM



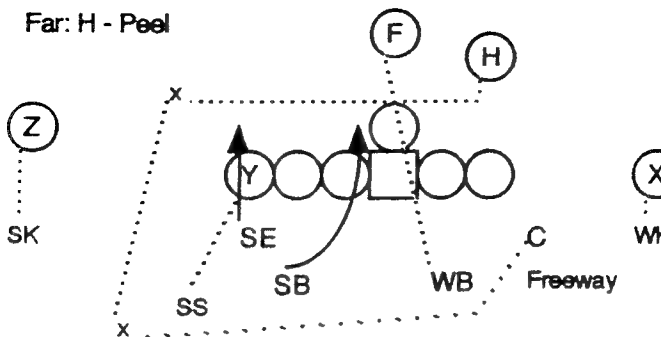
Near



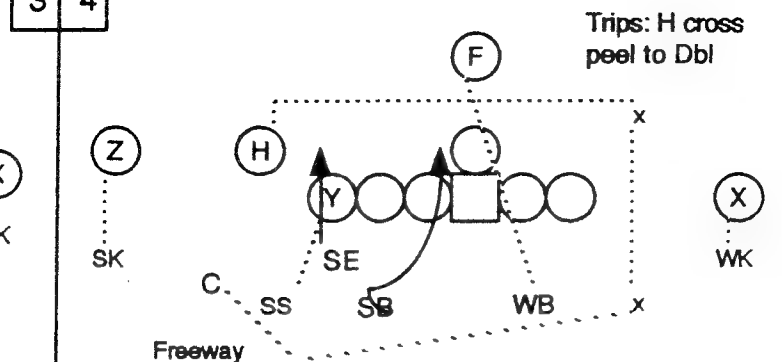
Split: Y shift



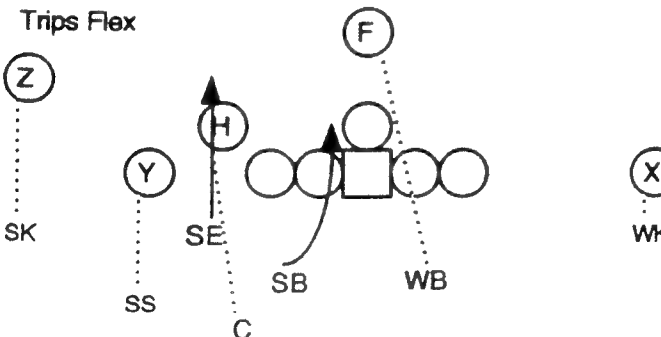
Far: H - Peel



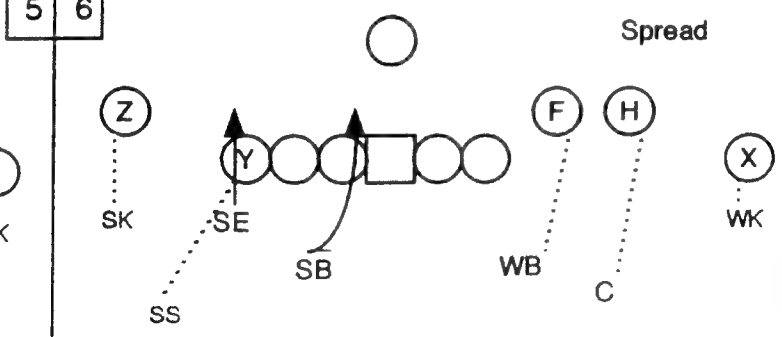
Trips: H cross peel to Dbl



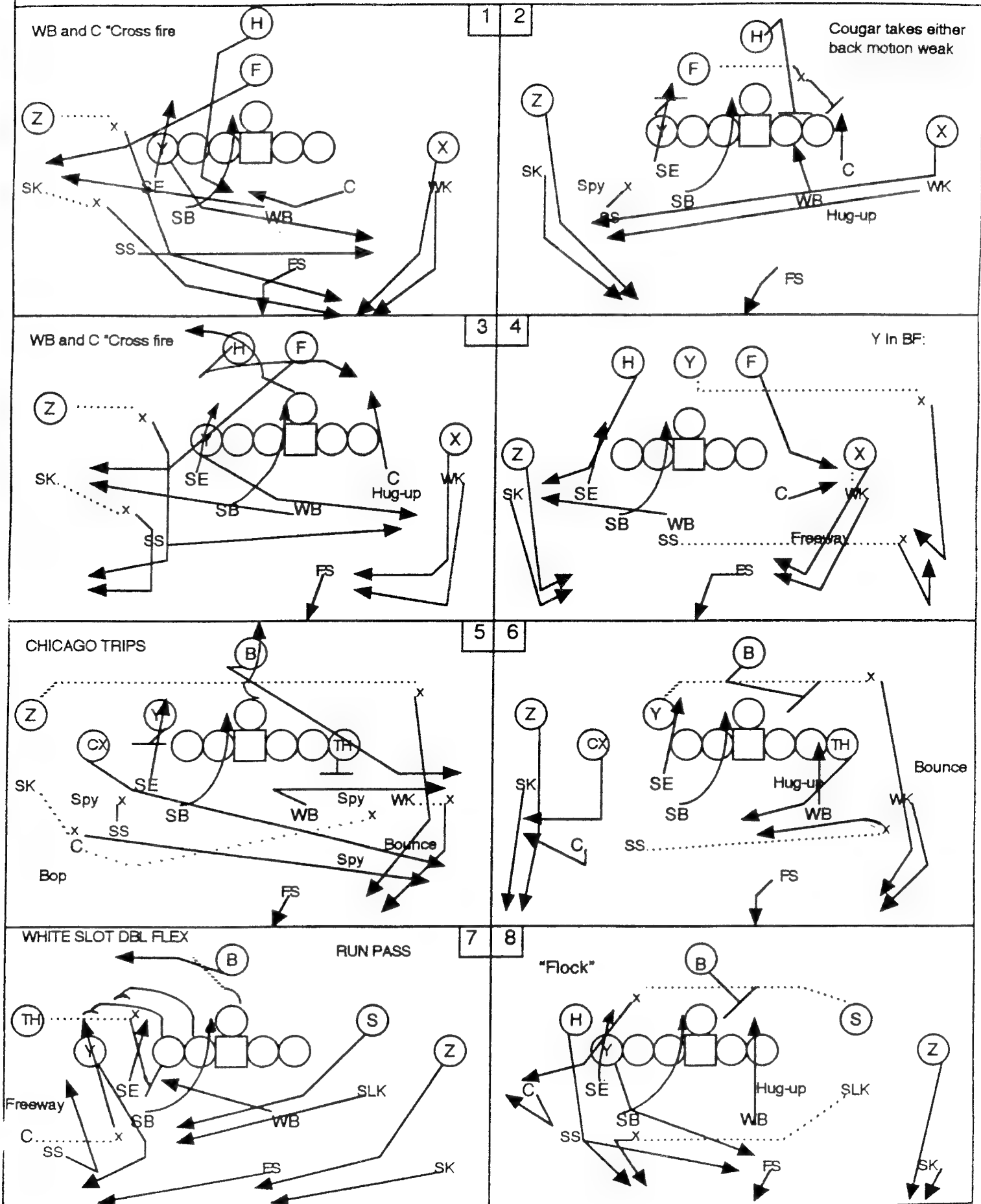
Trips Flex

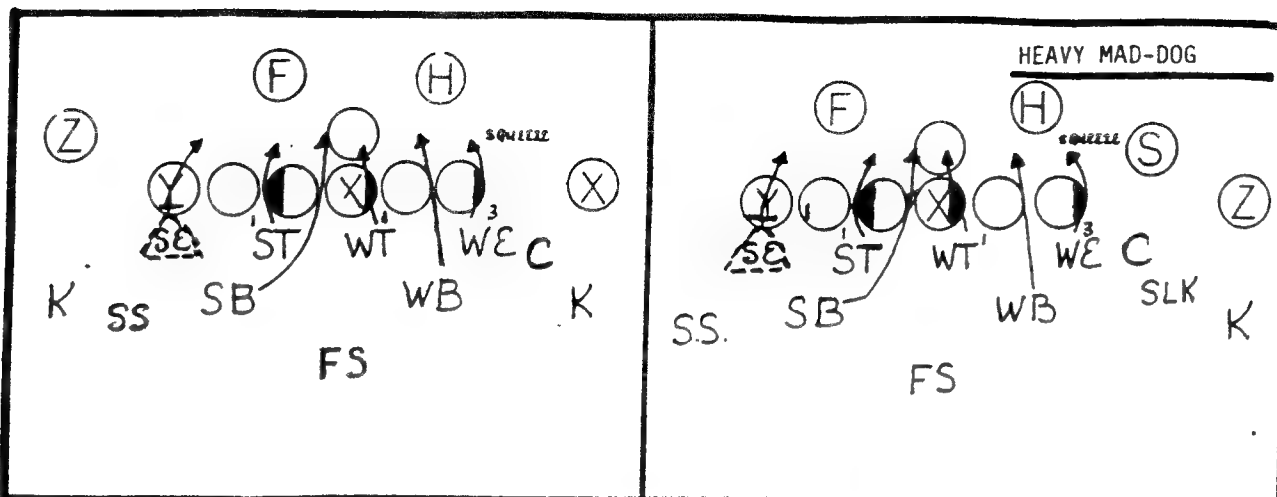


Spread



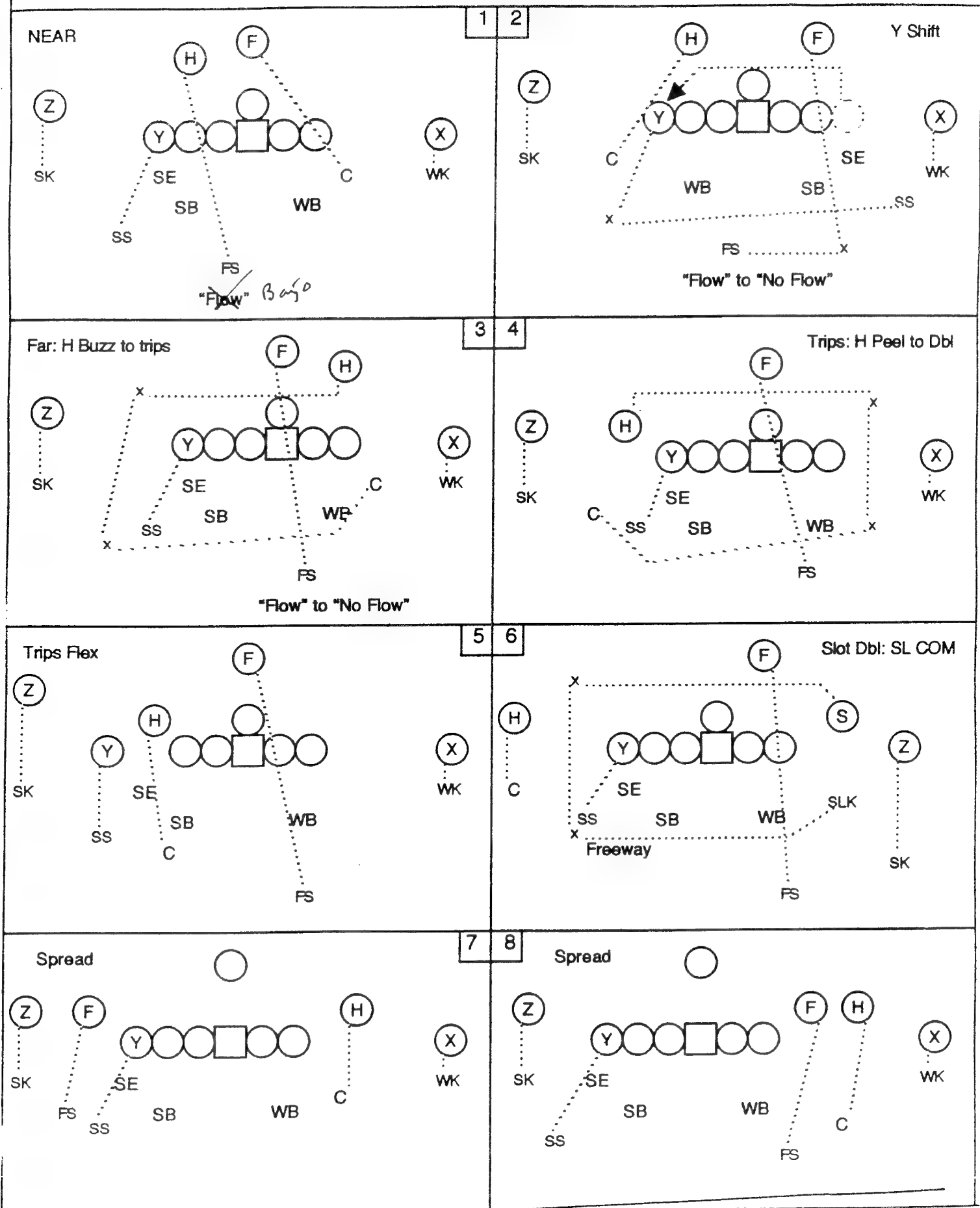
Man Blitz Coverage



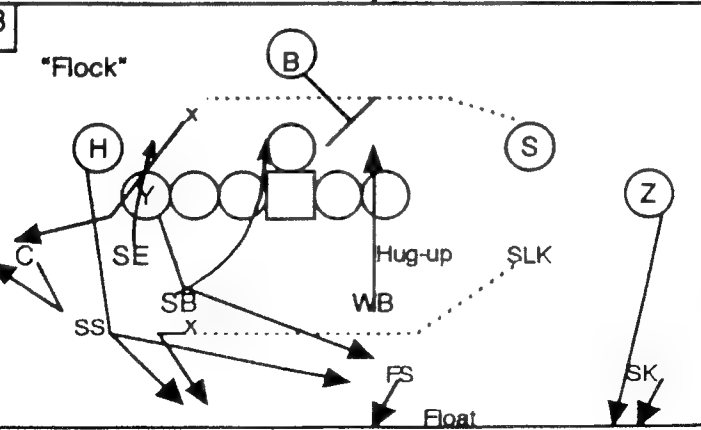
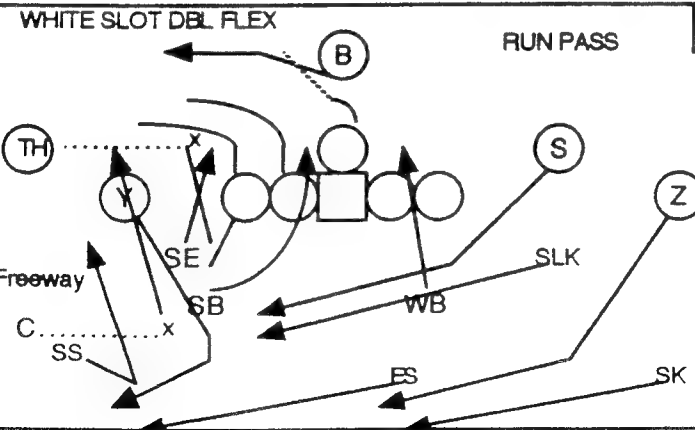
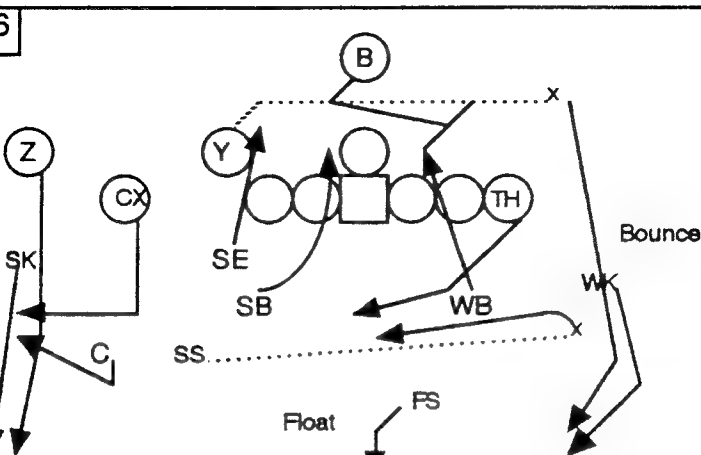
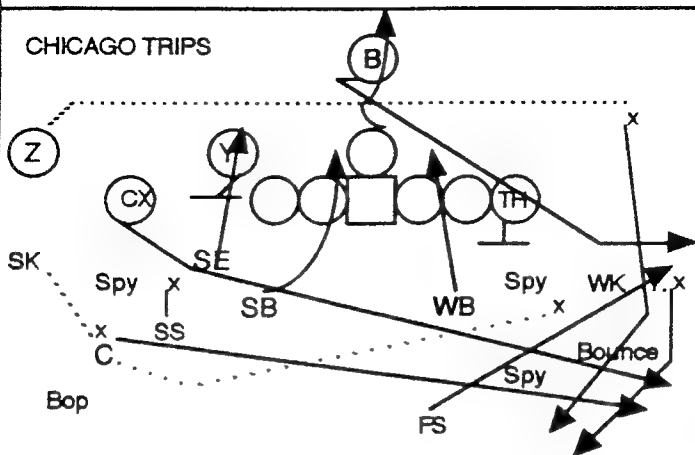
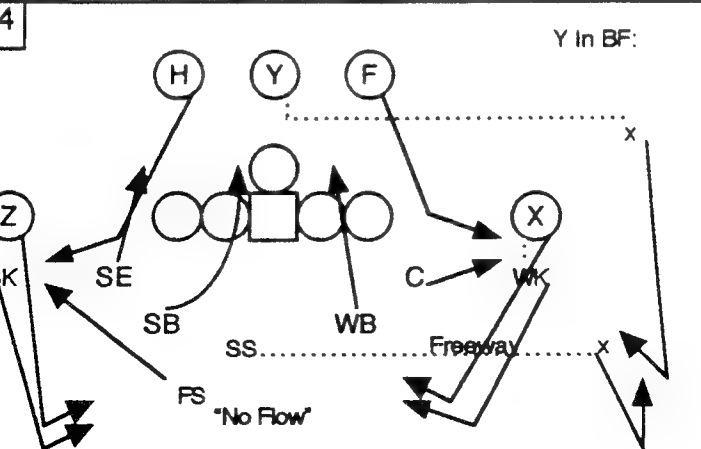
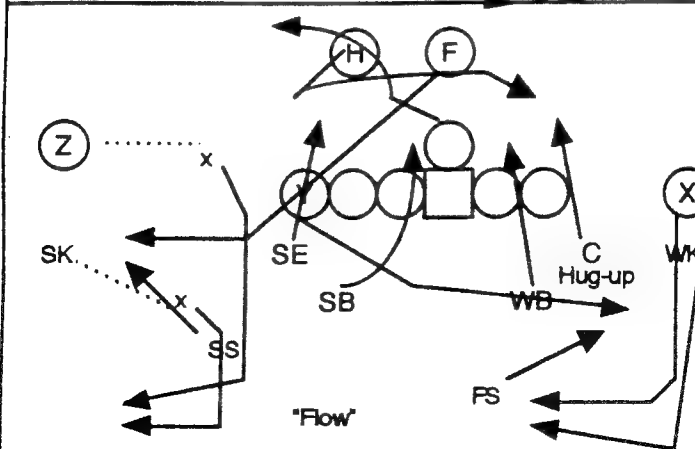
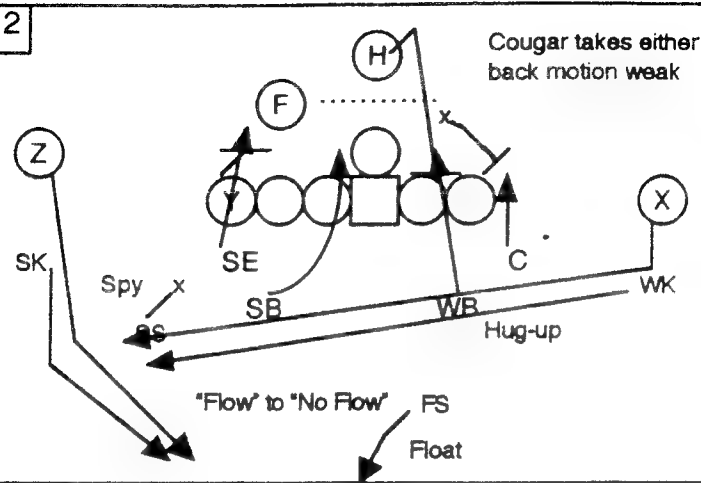
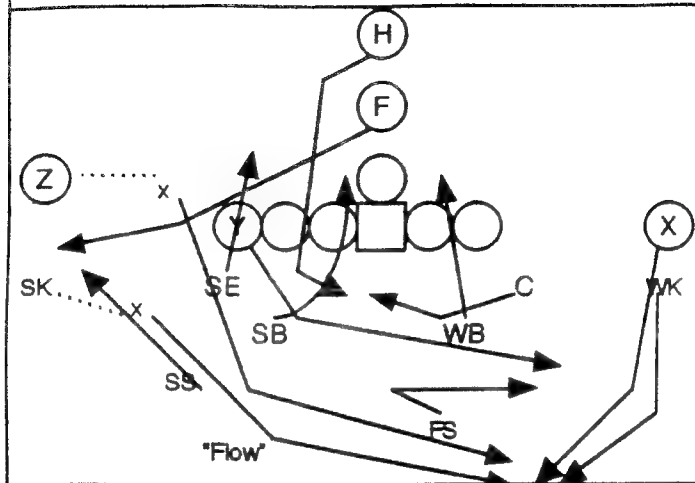


	POSITION-CHARGE		STRONG RUN RESPONSIBILITY		WEAK RESPONSIBILITY	DROPPACK RESPONS.	PLAY ACTION RESPONS
SAM END (SE)	Head G.P.2 or 3 pt	Jam	6 to 8	Squeeze	Chase	Cage	Cage
STRONG BACKER (SB)	Tackle Base	Blitz	2 Hole	2 Hole	Chase	Rush	Rush
WEAK BACKER (WB)	Guard Base	Blitz	5 Hole	5 Hole	Chase	Rush	Rush
COUGAR (C)	Will Base Formation Pos.	None	Pursuit	Force	Pursuit	Cover Back or Odd	Cover Back or Odd
STRONG KORNER (SK)	Normal Bump	None	Secondary Force	Pursuit	Secondary Force	Man on Z	Man on Z
WEAK KORNER (WK)	Normal Bump	None	Pursuit	Secondary Force	Pursuit	Man on X	Man on X
SLOT KORNER (SLK)	Bump	None	Pursuit	Secondary Force	Pursuit	Man on Slot	Man on Slot
STRONG SAFETY (S/S)	Normal	None	Read Force	Pursuit	Read Force	Man on Y	Man on Y
FREE SAFETY (F/S)	Normal to Center	None	Pursuit	Fill	Pursuit	Man on F G.P. Float	Man on F Pos. Crossfire with Cougar Strong Flow

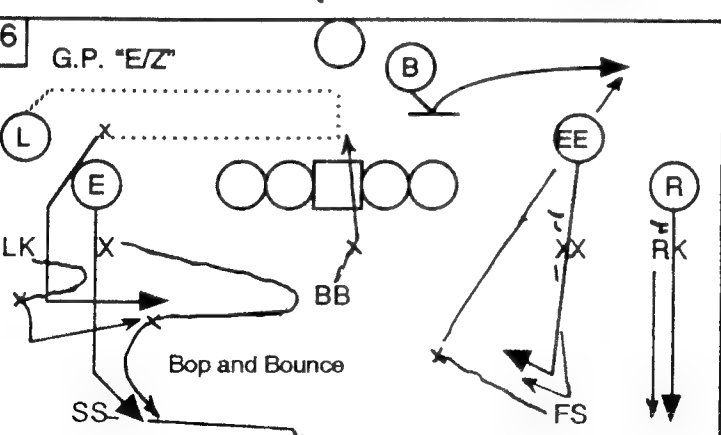
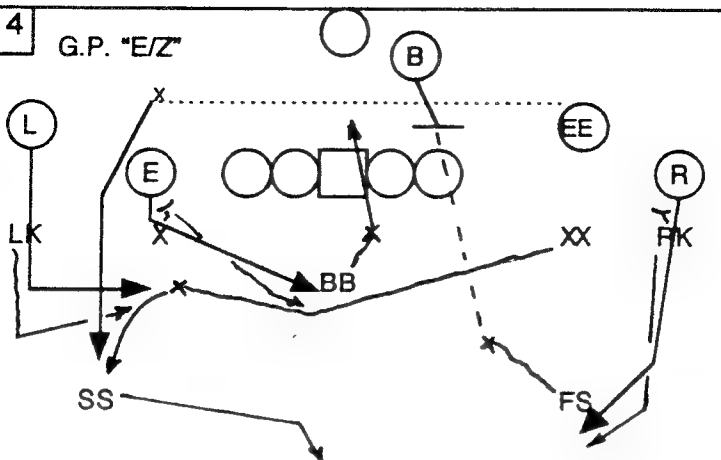
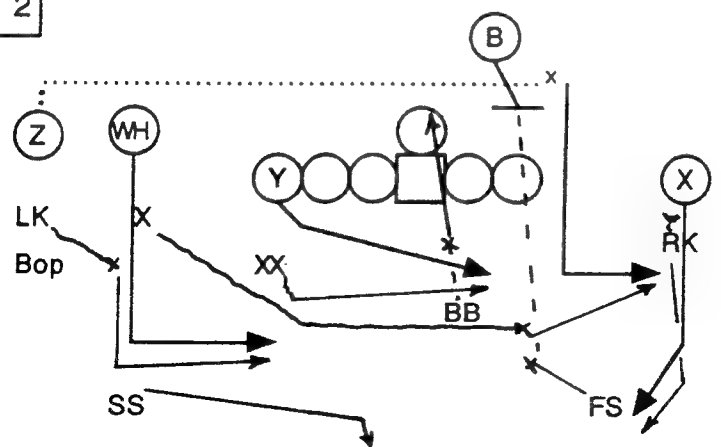
COUGAR: Mad Dog Coverage



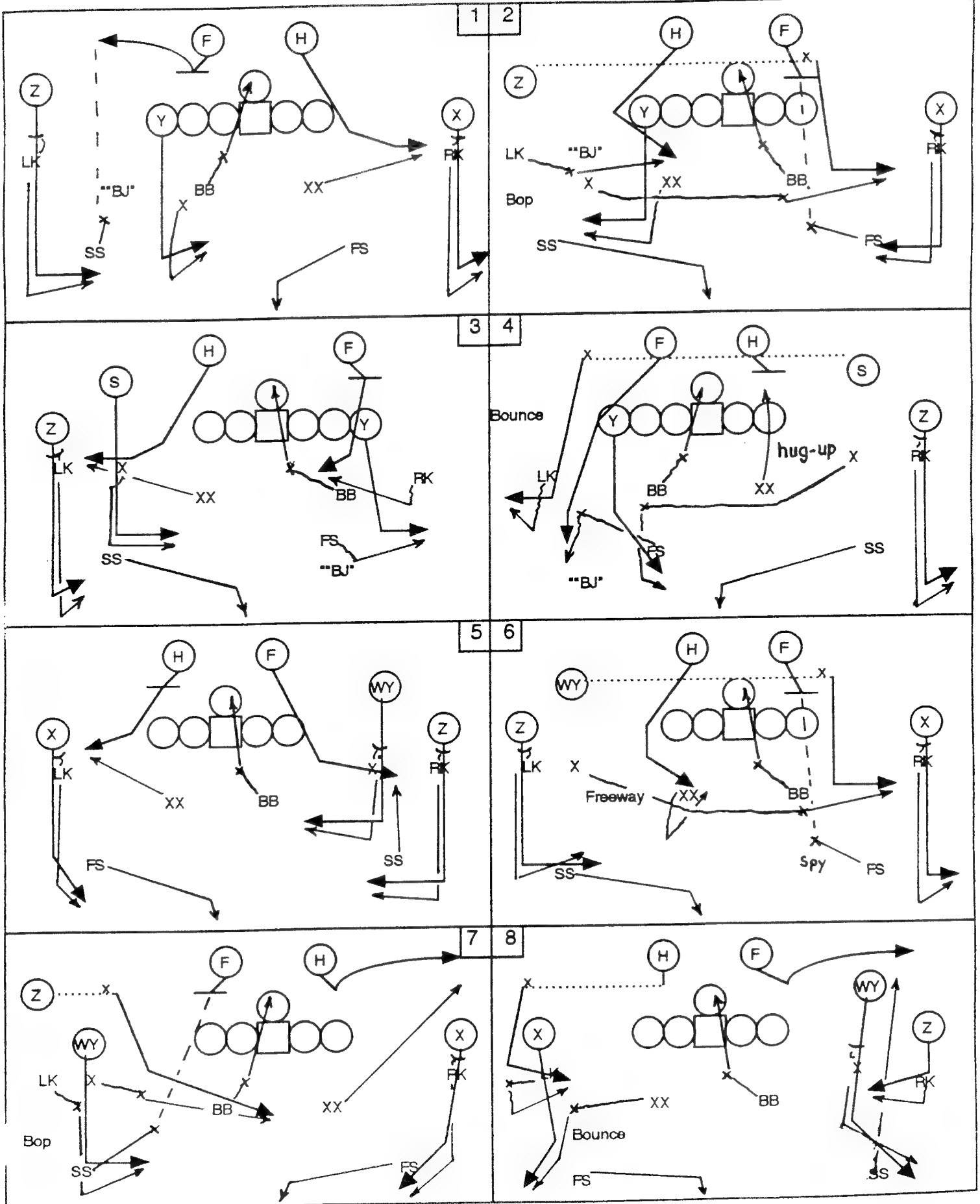
Mad Dog Coverage



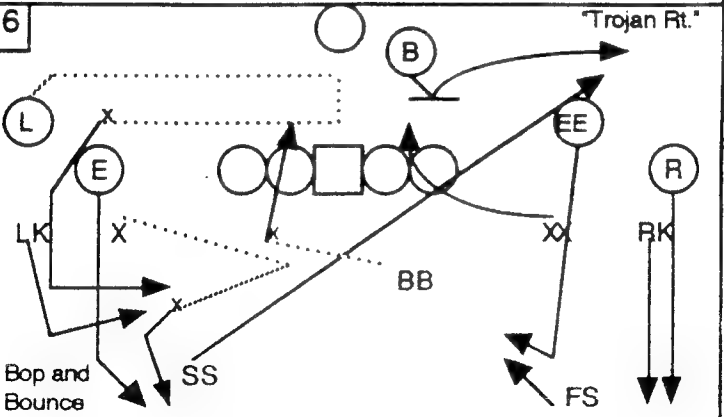
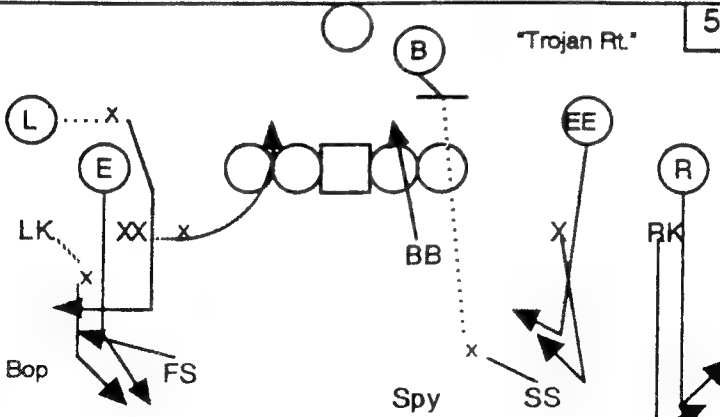
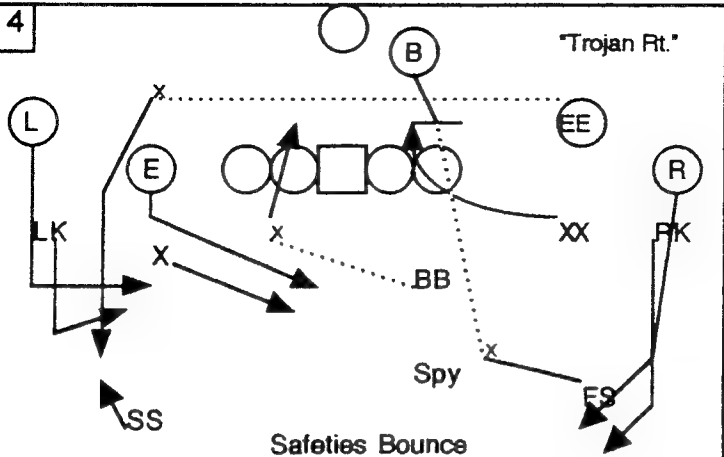
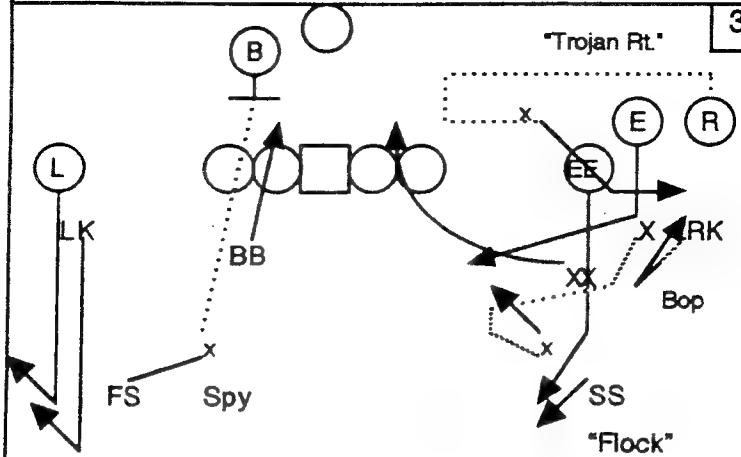
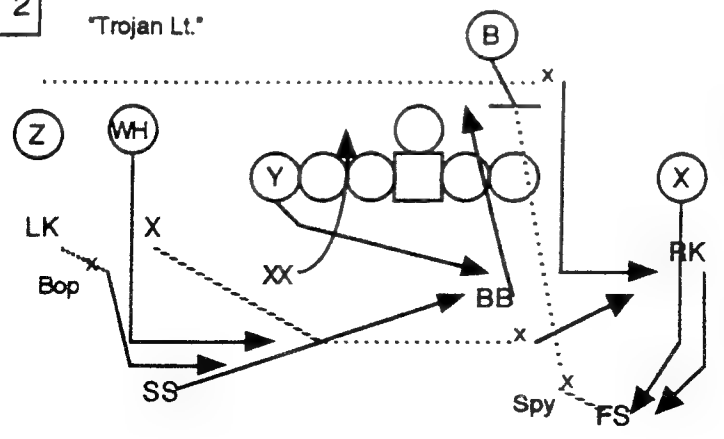
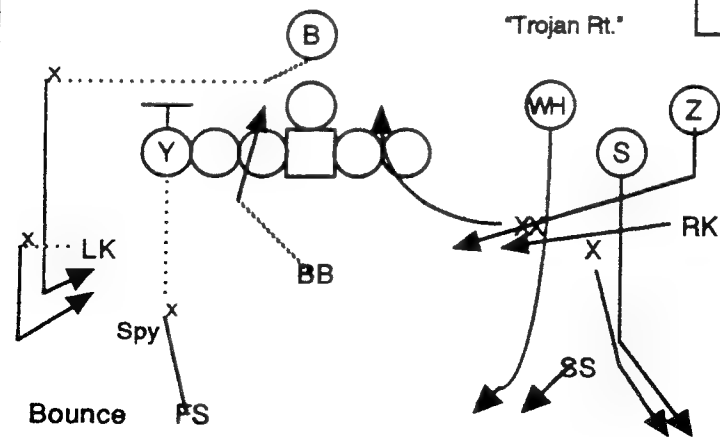
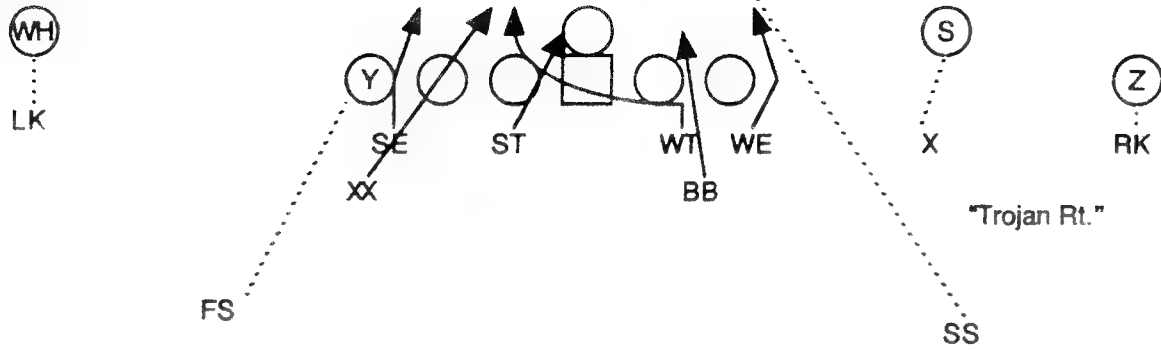
Ⓥ
: RK

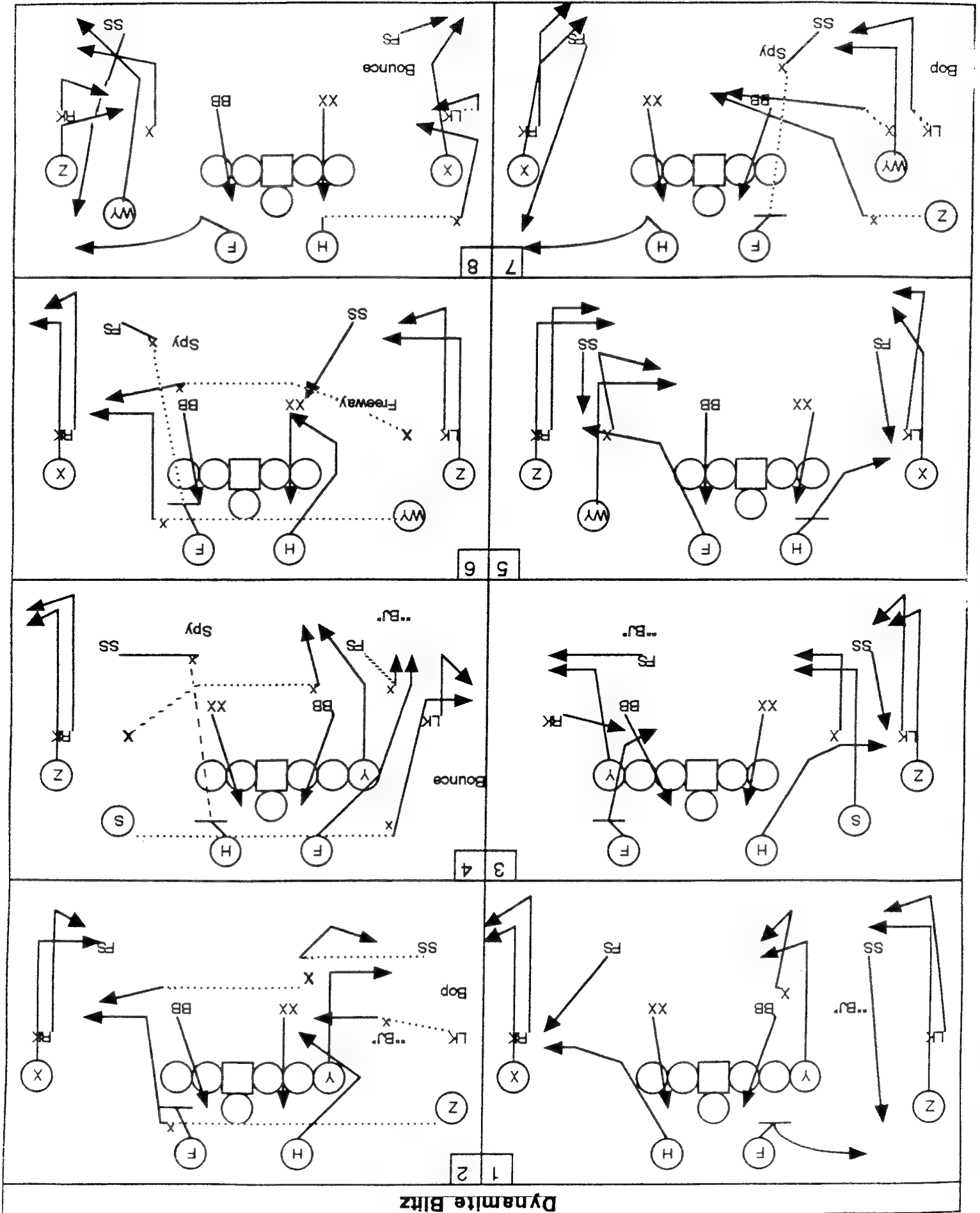


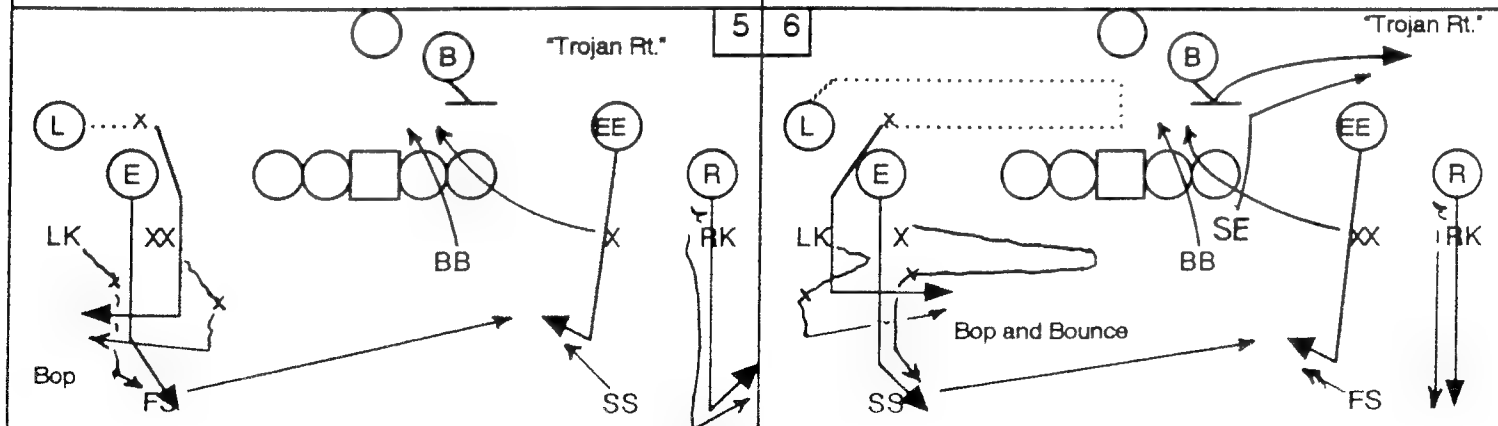
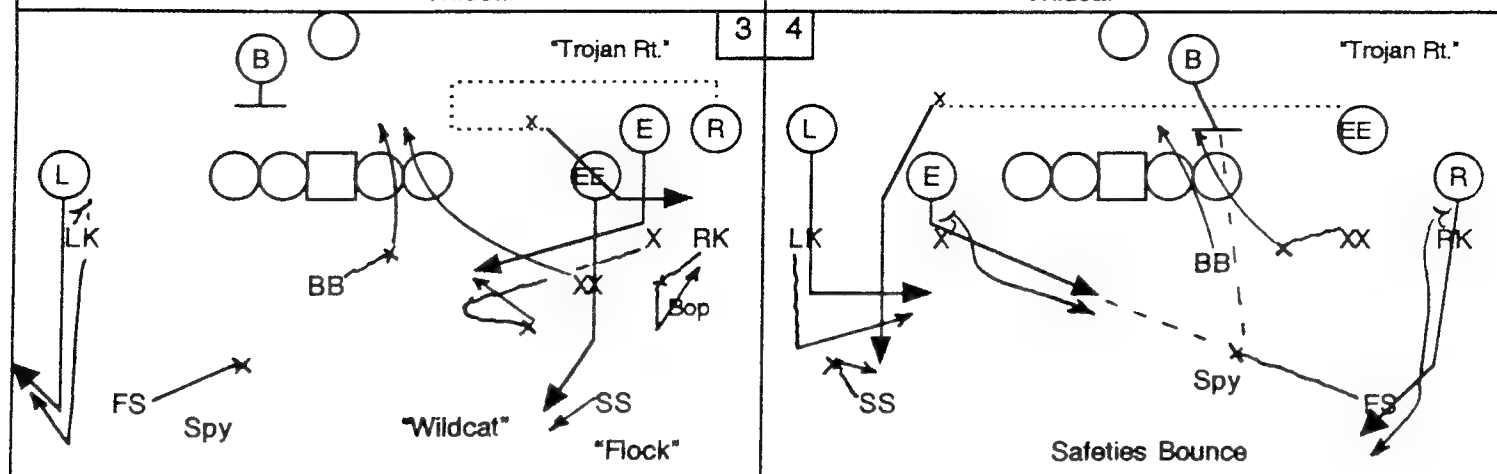
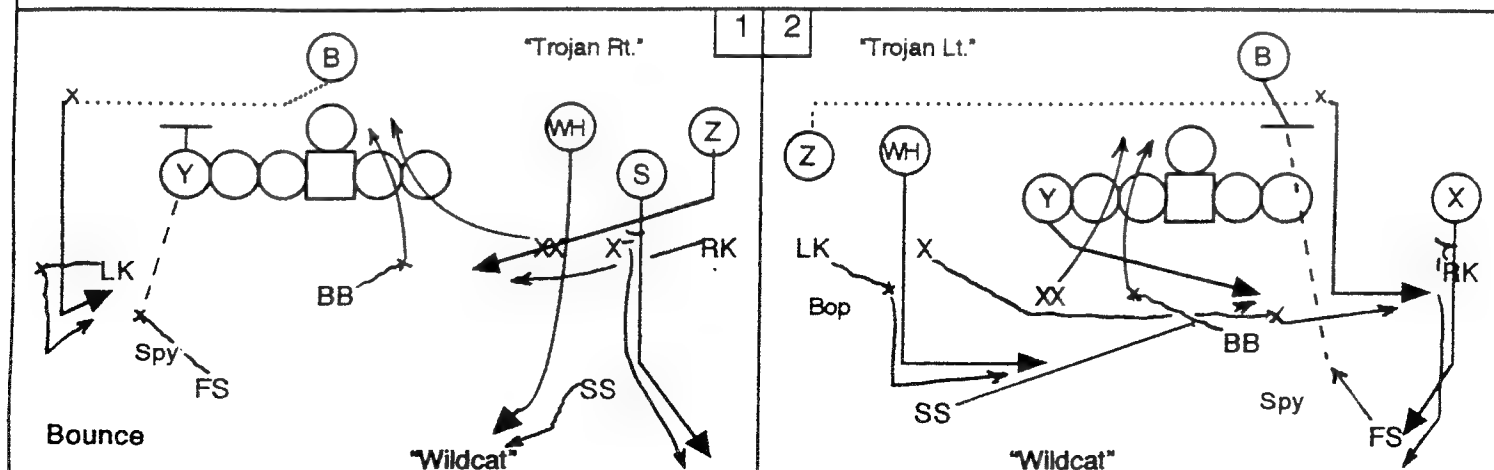
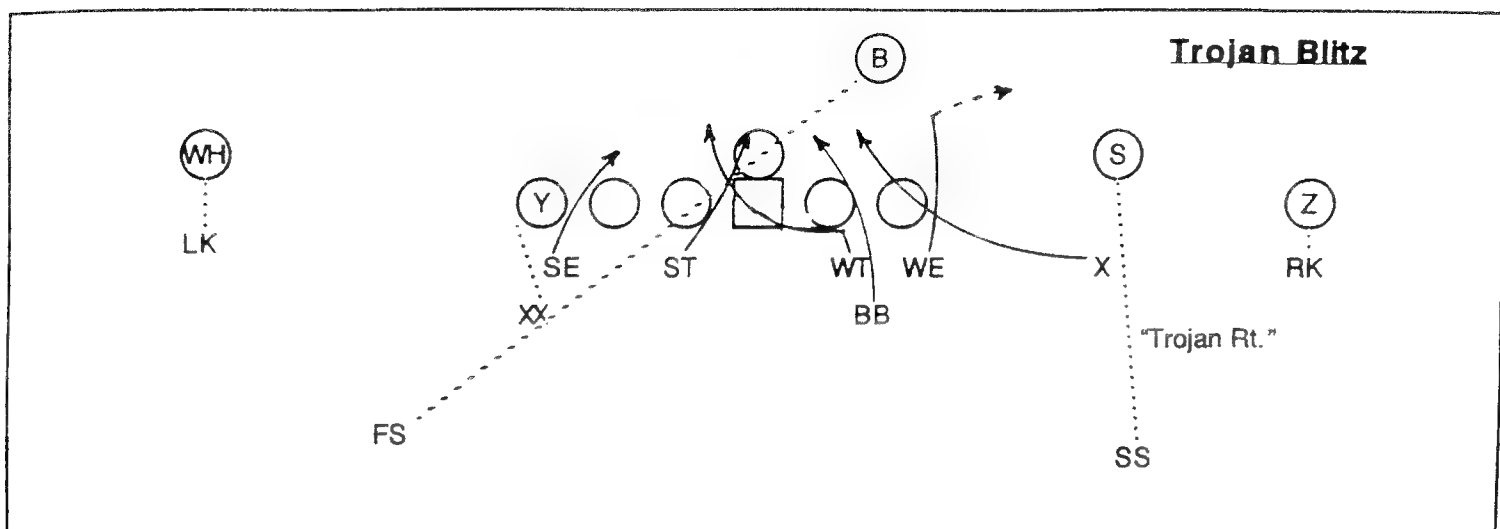
4-2 BB Blitz



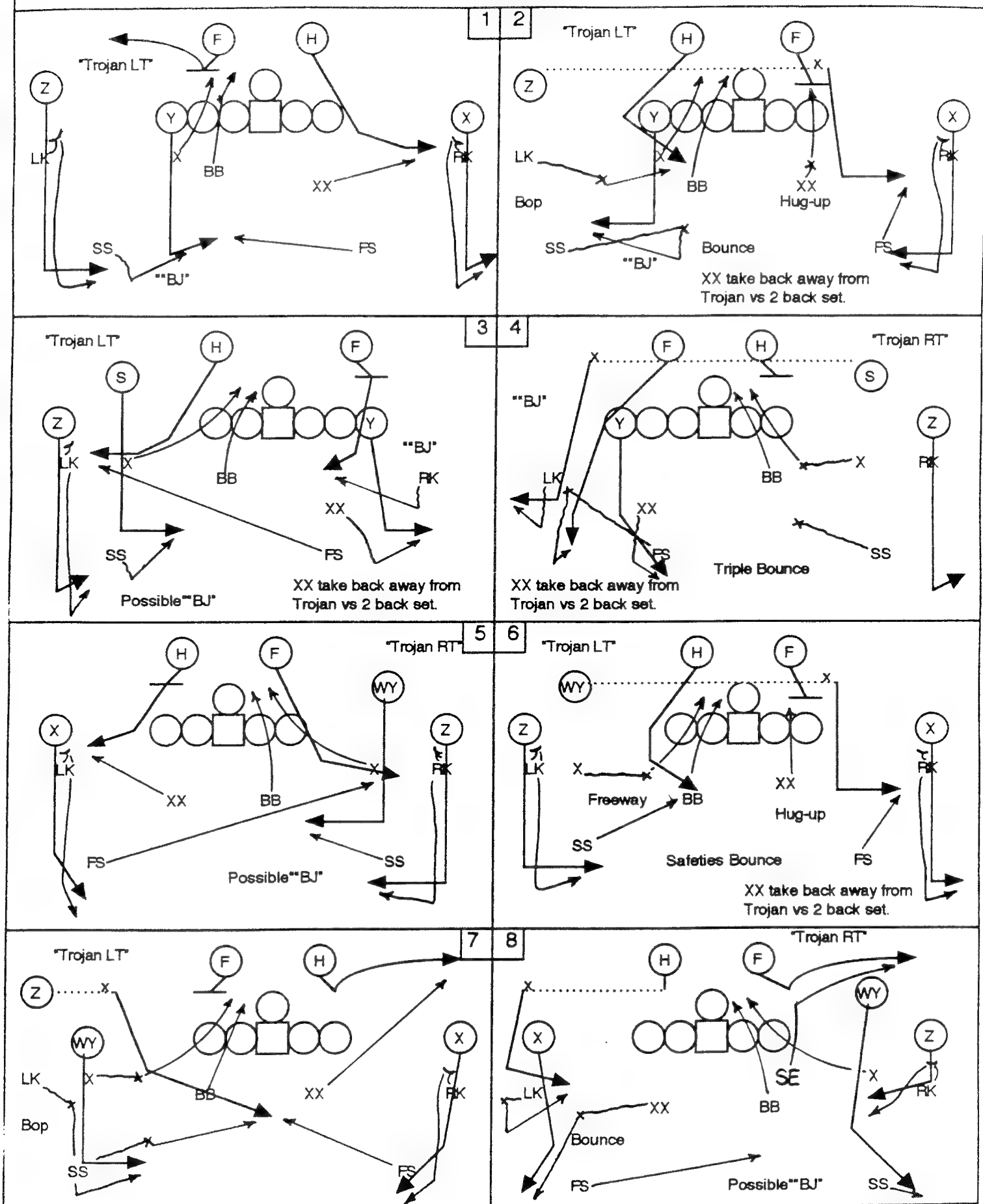
Dynamite Blitz





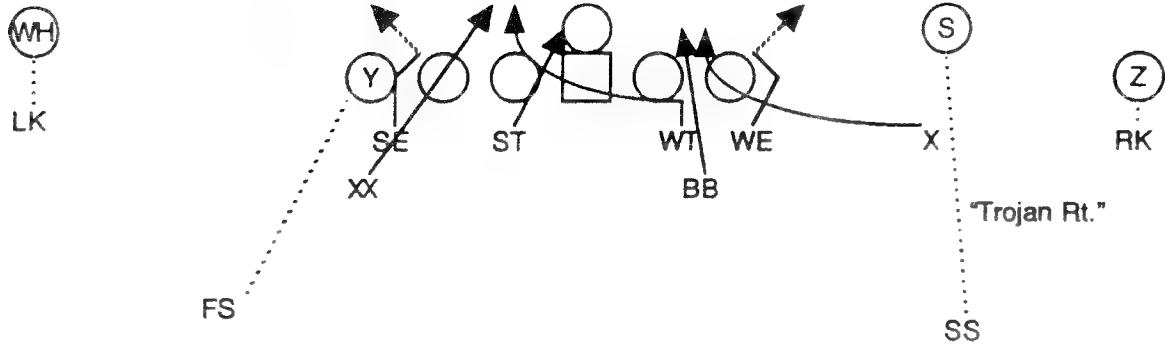


Trojan Blitz



Double Trojan Blitz

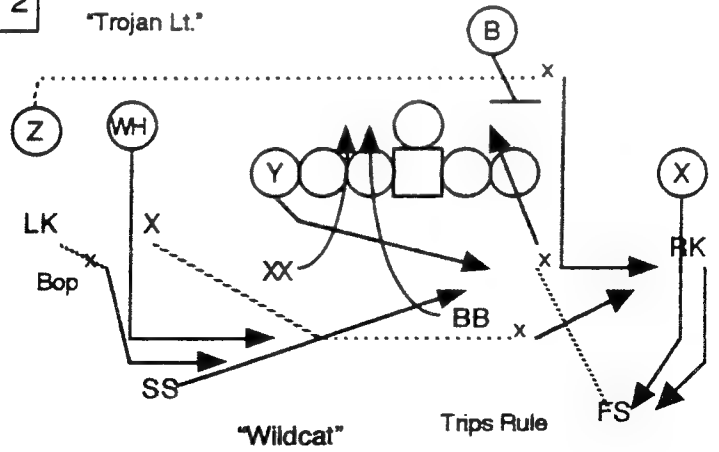
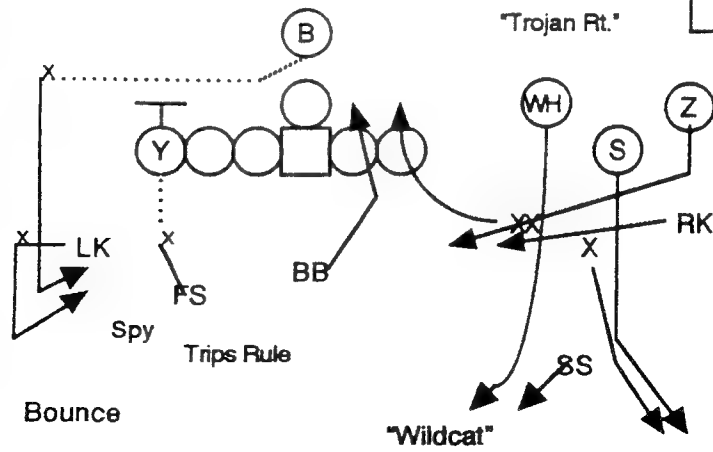
(B)



"Trojan Rt."

1 2

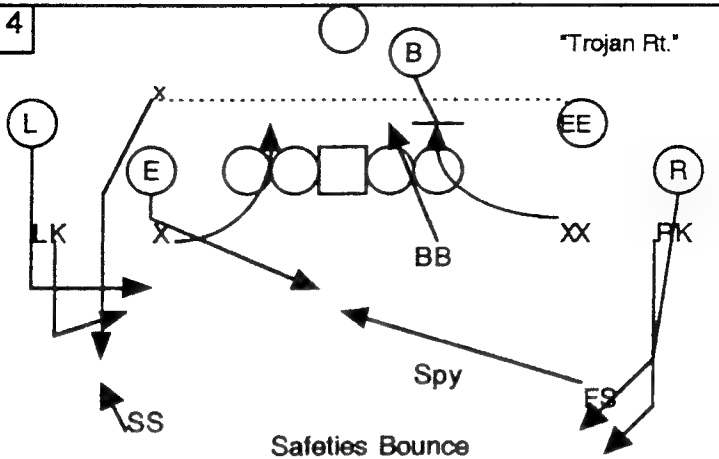
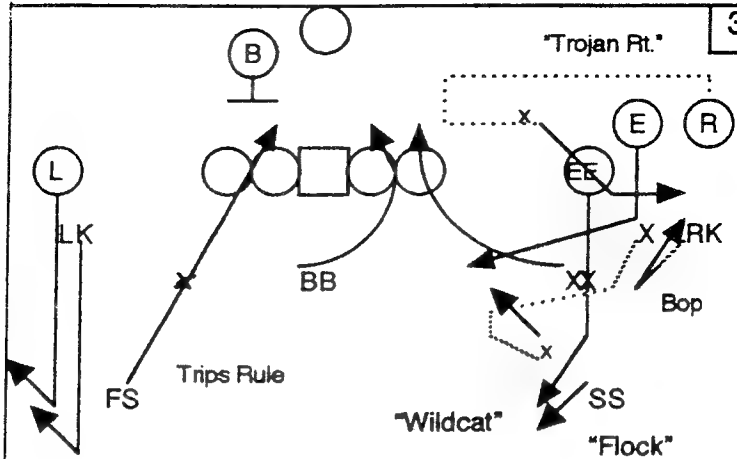
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"Trojan Rt."

3 4

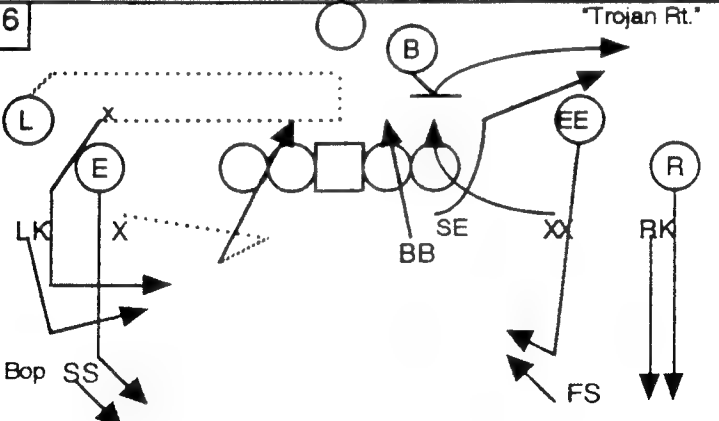
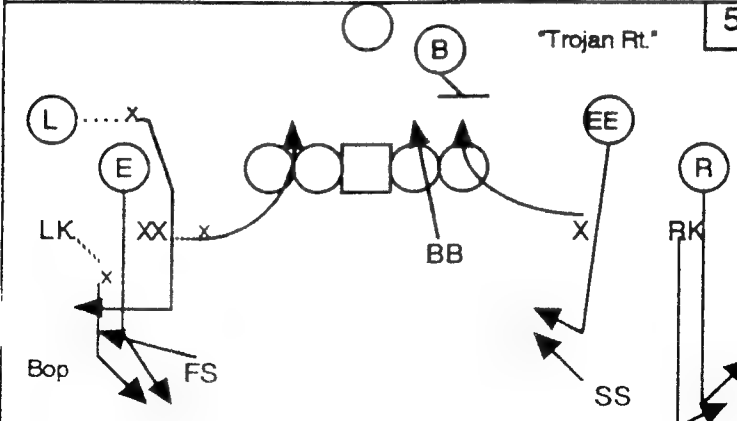
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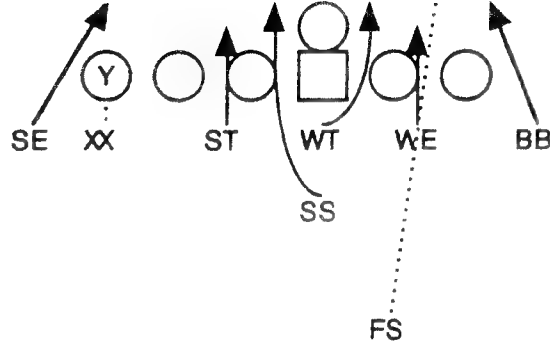
"Trojan Rt."

5 6

"Trojan Rt."



WH
LK



S
X

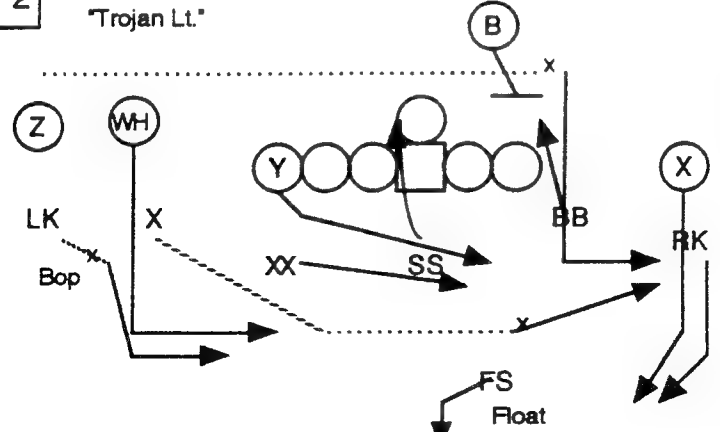
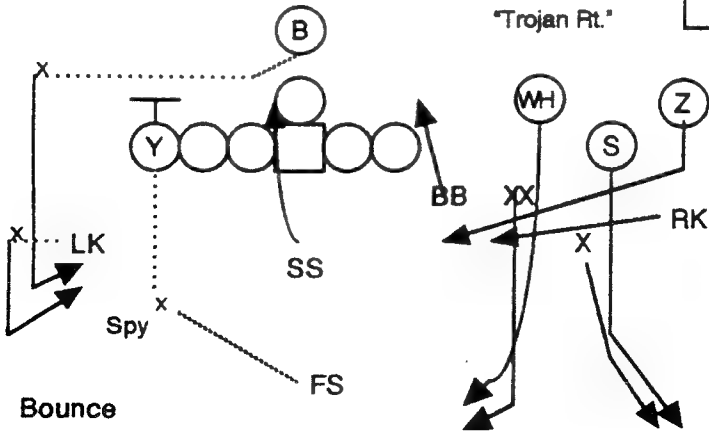
Z
RK

"Trojan Rt."

"Trojan Rt."

1 2

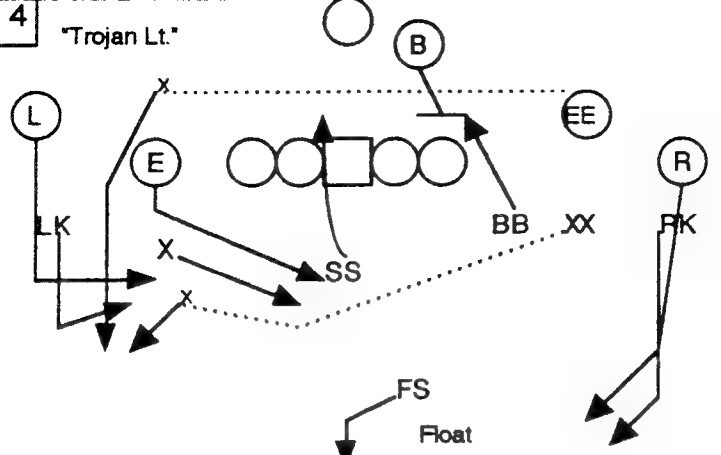
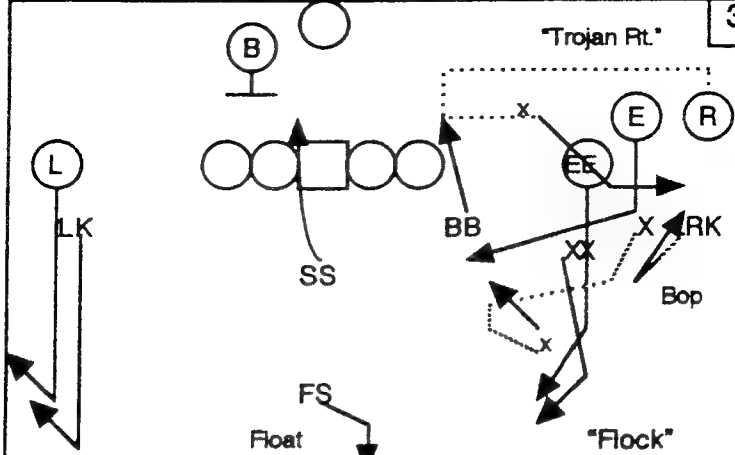
"Trojan Lt."



"Trojan Rt."

3 4

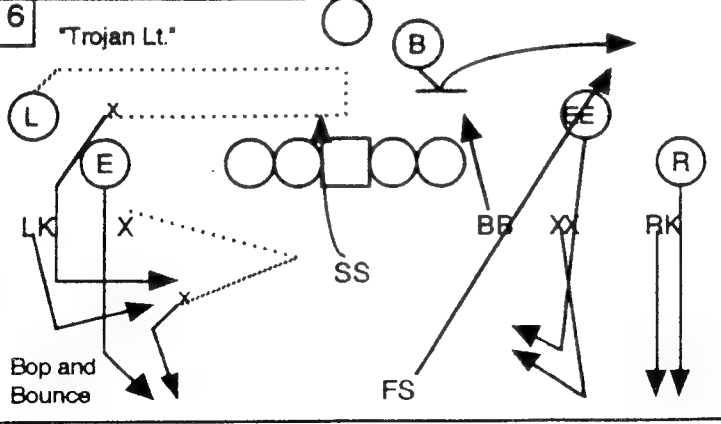
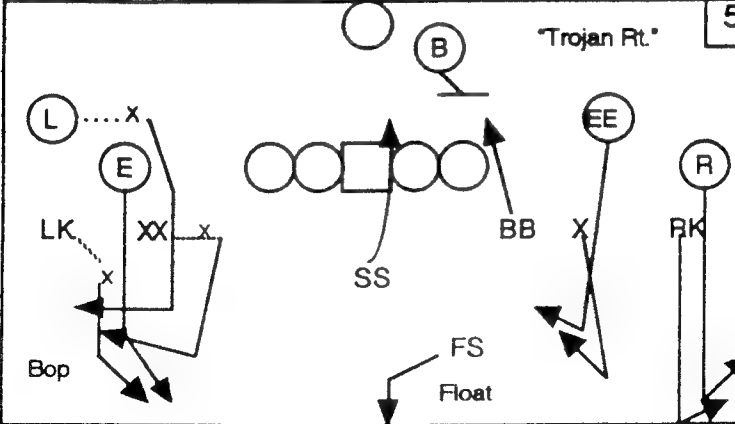
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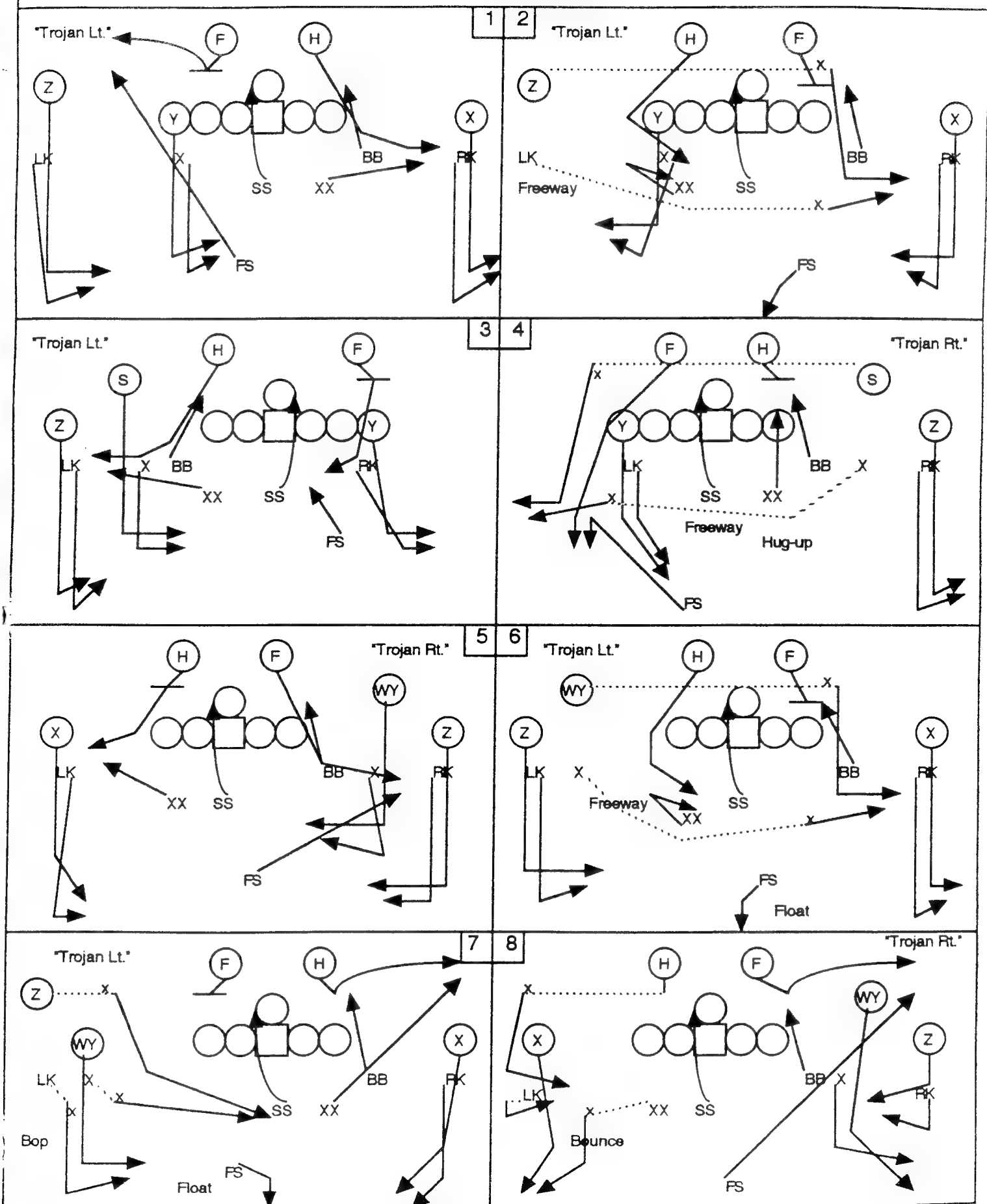
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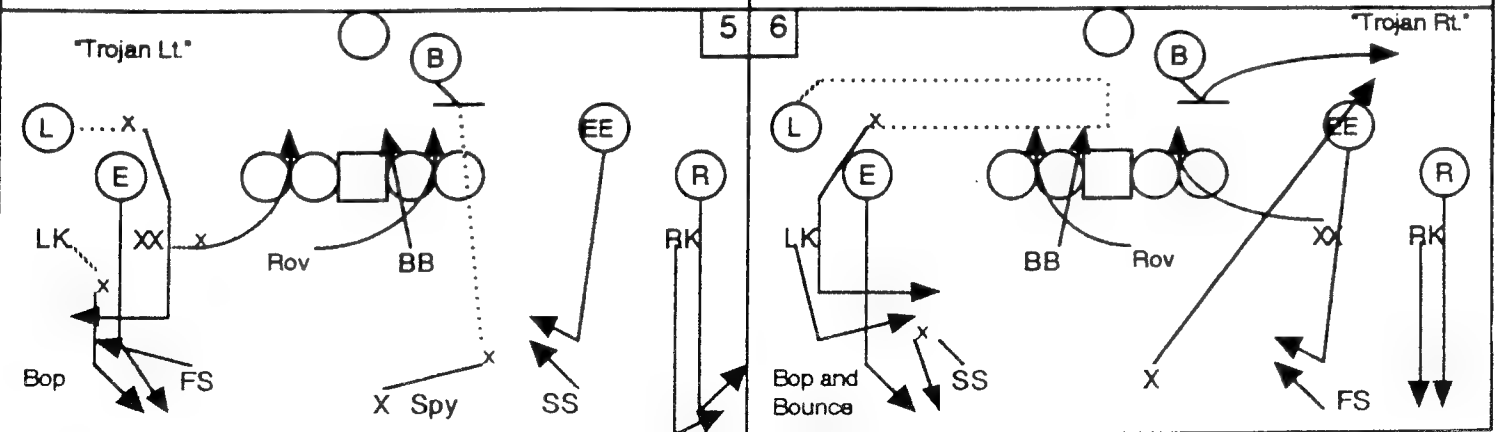
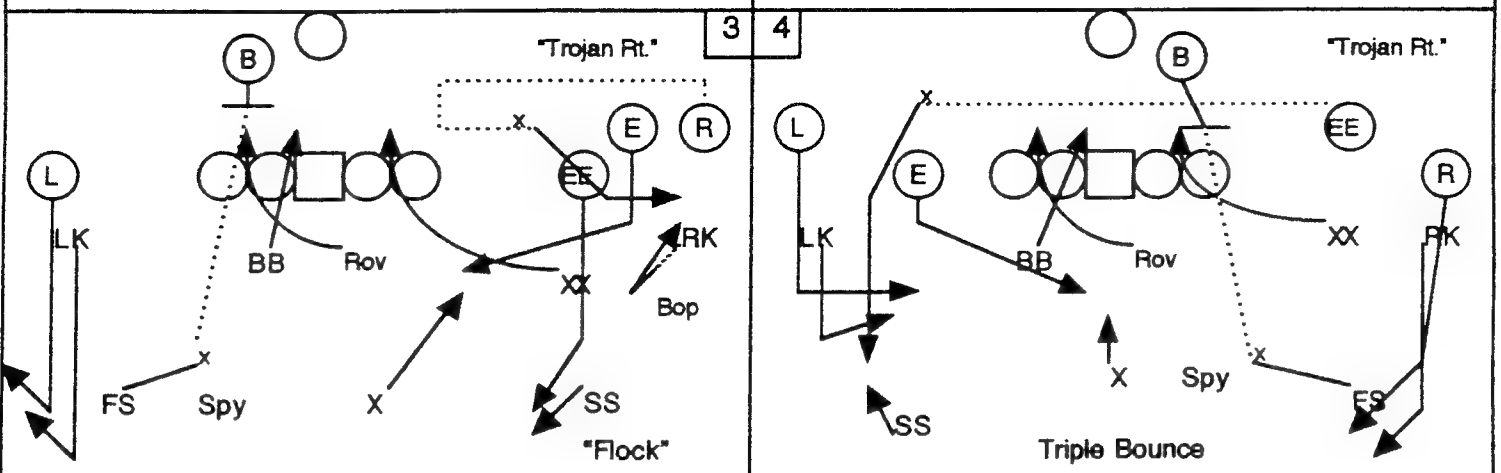
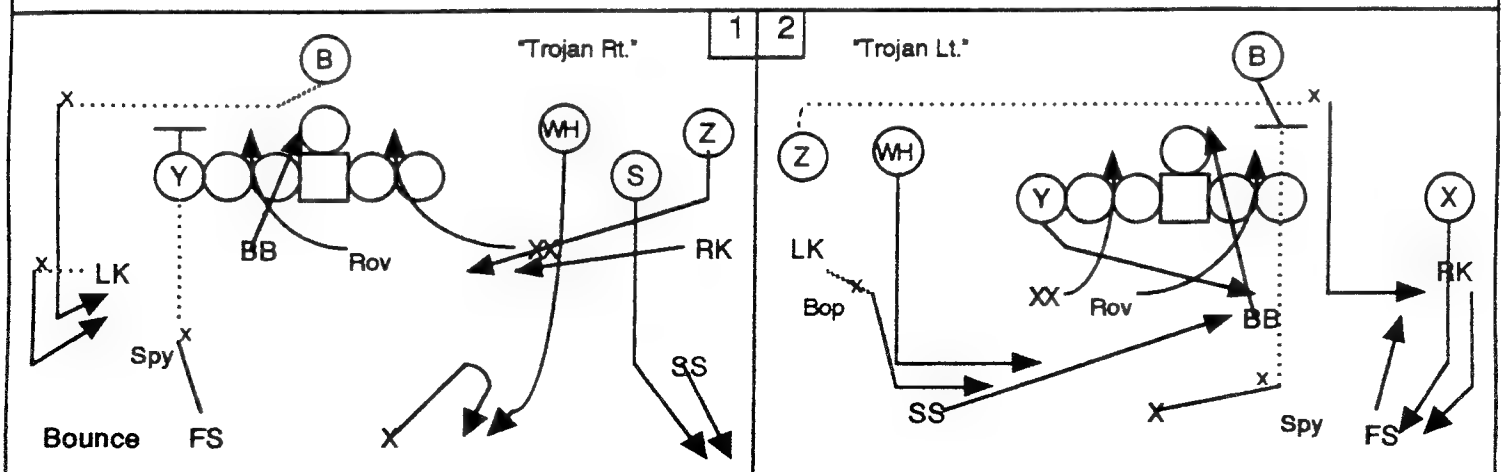
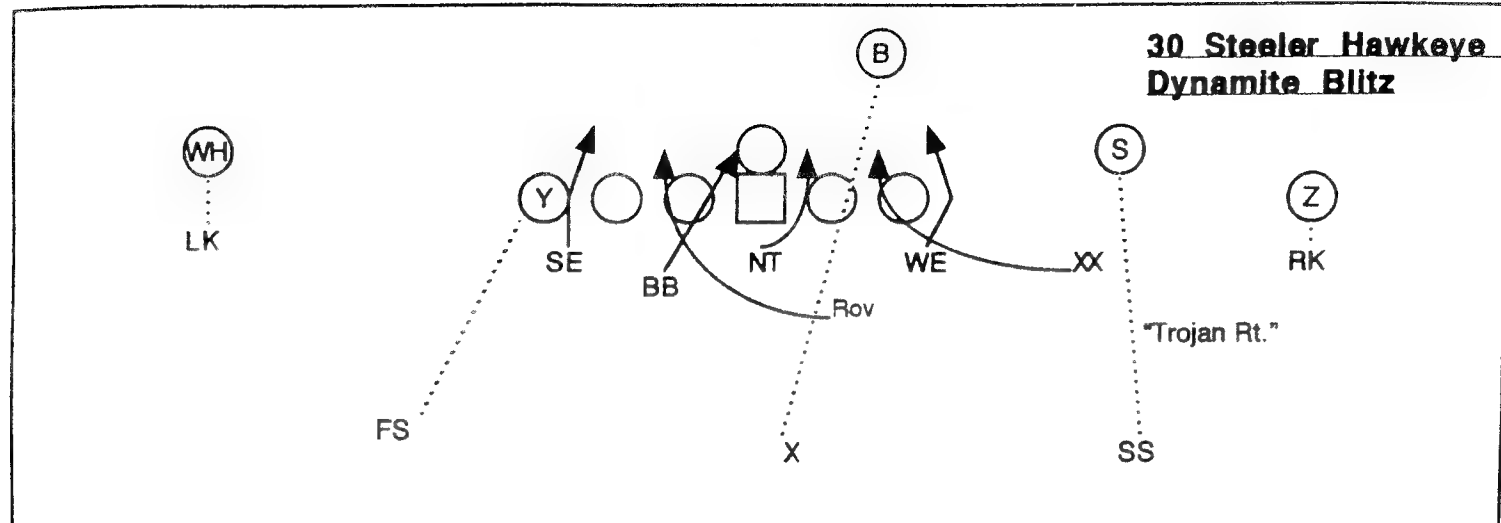
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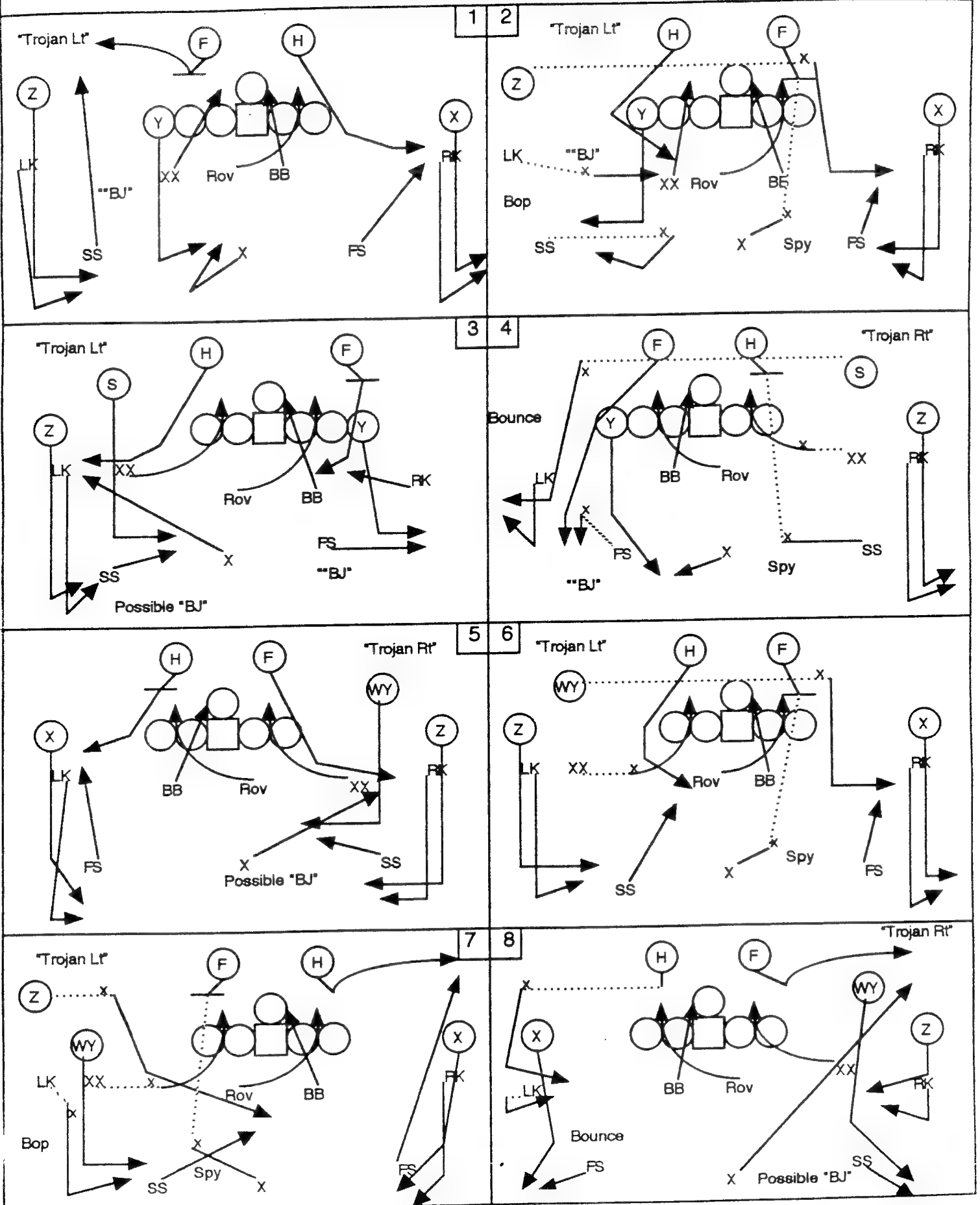
Miami Safety Blitz

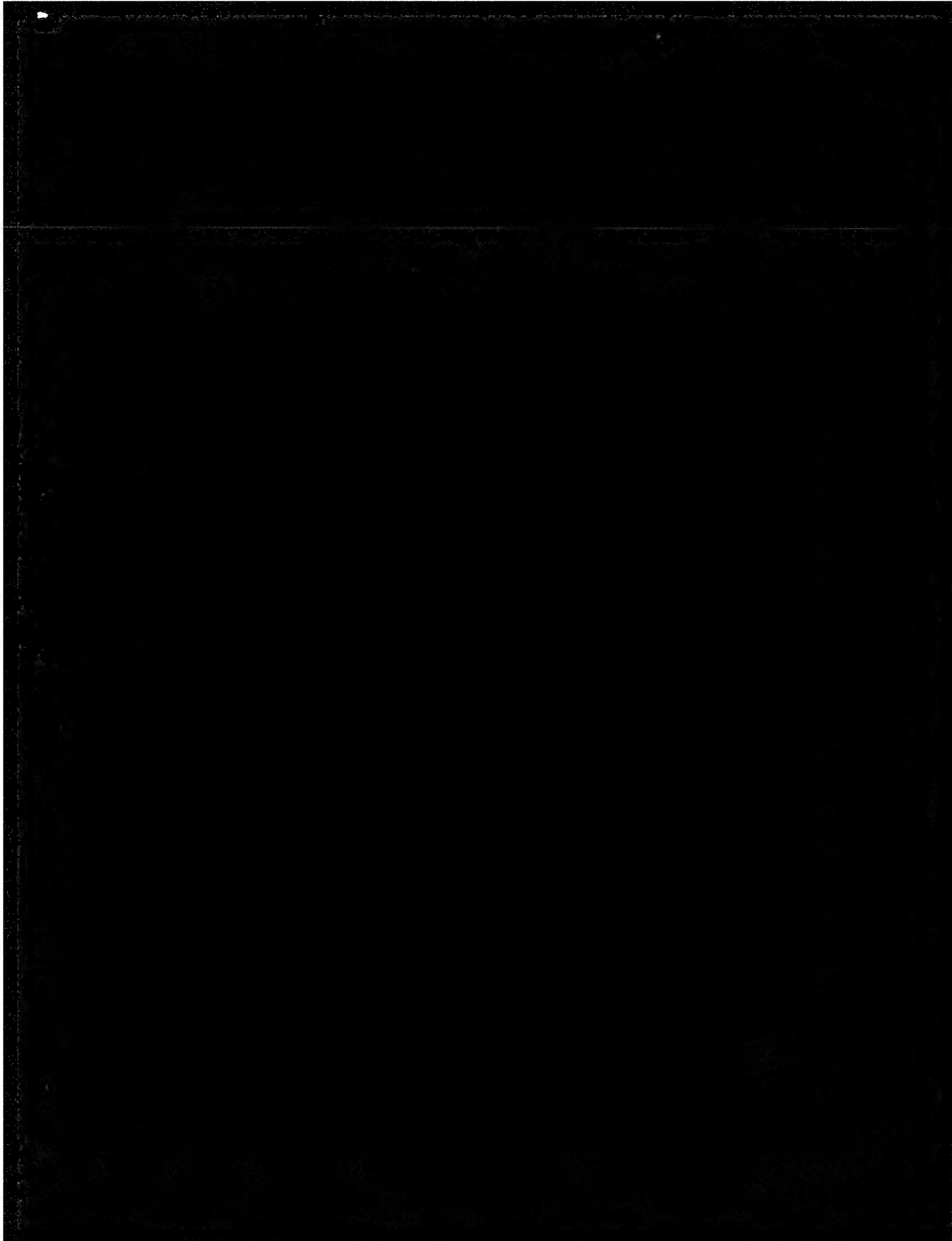


30 Stealer Hawkeye Dynamite Blitz



30 Steeler Hawkeye Dynamite Blitz





1991 Season Stats

60 Defense - 40 Defense

60 DEFENSERun Att 27Pass Att 12Ydg +32Complete 3Avg 1.2Ydg +33Lgst +15% Def. Success 9 of 12 - 75%Avg without Lgst - .7TD 4% Def. Success 15 of 27 - 56%Total 60Total Att 39% Def. Success 24 of 39 - 62%40 DEFENSERun Att 3Pass Att 1Ydg +0Complete 0Avg 0% Def. Success 1 of 1 - 100%Lgst +2TD 0% Def. Success 2 of 3 - 67%Total 40Total Att 4% Def Success 3 of 4 - 75%

PATRIOT SY-GL DEFENSES

This outline will give you an overall picture of our multiple SY-GL Defenses. Many games are won or lost in SY-GL situations. ^{not perfect - change should be} We intend to be the best in the League in these situations. It is important that everyone know his positioning and his assignment. Carry out your assignment with strength and aggressiveness. We cannot have any mistakes made in these situations.

FIELD-SHORT YARDAGE SITUATIONS

SY - 30 Out GOs - ^{Goal} Cover-Willy

Pinch - Jam - Dbl Gap

60 - Cover-SY Coverage

Gap Pinch - Half Out - Dbl Out

40 - Cover-SY 4 Cover-2

Jam - Tackle Pinch - Half Out

GOALLINE SITUATIONS

60 - Cover SY Coverage

Gap Pinch - Half Out - Dbl Out - Suicide - Crush

SY - GL INFORMATION

Defensive Line

1. Must recognize unbalanced line and slide the front.
2. Adjust to abnormal splits by offensive line especially if doing a short yardage out charge.
3. 4 point stance in all these defenses: SY 30 - 60 - 40

Defensive Backs

1. Anchor system will be used vs. offensive SY personnel. This means Defensive Backs may play other than their normal position.
2. All DBs must know charges of outside LBs.
3. DBs must call "Mohawk" to indicate cross motion.
4. FS must call "Open" to indicate no TX.
5. DBs along with Mike make audible call vs. Back motion or single Back formation. ("Omaha") or ("Bronco")
6. DBs will make audible call to get us into SY Pick coverage. ("Pick Call")
7. DBs: Be in proper position vs. Open formations and Odd formations and motions.
8. 2x2 alignment means 2 yds deep and 2 yds wide.
9. If 40 SY Cover 4 is used - make it look like 60 Defense.
10. Know your assignments vs. Dropback pass as well as P.A.

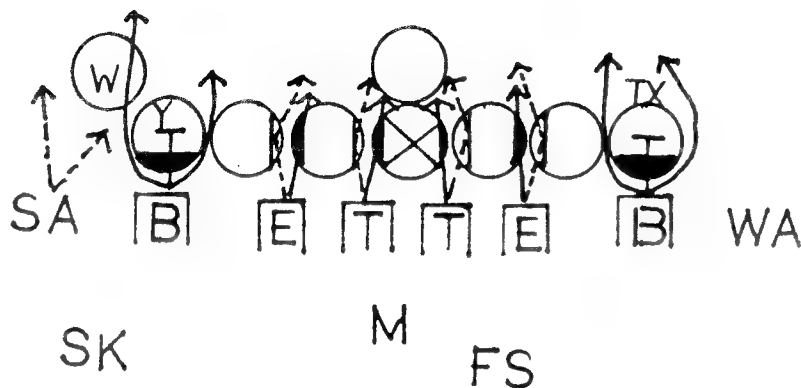
Linebackers

1. In short yardage defense - OLBs will be left and right NOT Sam - Will.
2. Any OLB who has an Out charge is responsible for first Back your side on dropback and 2nd Back on PA your side. Any single Back formation you are responsible for remaining Back, on Out charge.
3. SY 30 Out GOs - Outside LBs are in 4 pt.
4. 40 SY Cover 4 - 2 LBs will be in coverage and wing side LB will rush. Change vs. Wing Com. We want to make this defense look like 60.

- VARIATIONS -

60 GAP PINCH

1. 60 Gap Pinch
2. True 60 Gap Pinch
3. Jam 60 Gap Pinch
4. Sneak 60 Gap Pinch
5. Boot 60 Gap Pinch

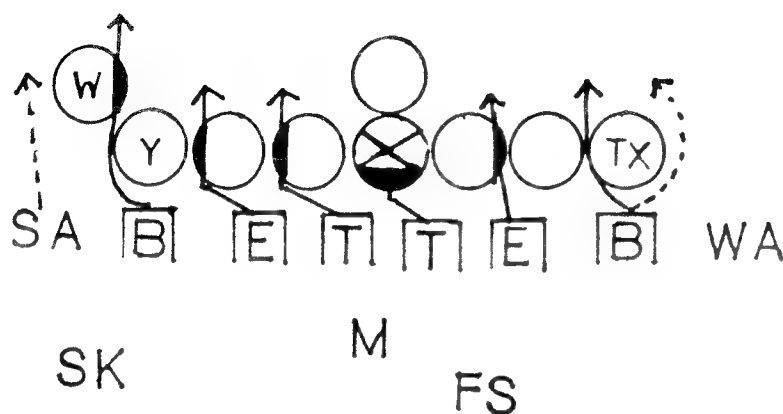


	POSITION	CHARGE	RUN RESP	PASS RESP.
DT's	4 or 2	Gap or Power G.P.	2-3 Hole Pursuit - Chase	Rush Passer
DE's	4 or 2	Gap or Power G.P.	4-5 Hole Pursuit - Chase	Rush Passer
OLB's	4 Pt Head Up Base vs: Open Formation	Pinch-Out-Jam- Stuff G.P.	6-7 Hole and Wide 6-7 Hole Chase - Cutback	Cage Short Yardage Coverage
MLB (M)	5 yds deep G.P. Align	None Keys: Backs G.P.	Inside out to point of attack	Short Yardage Coverage
FS	6-7 yds deep Weak G/T area	None Keys: Weak Back or G.P.	1) Inside out to point of attack 2) Force	Short Yardage Coverage
SA (SS)	Head on Wing Sup	1. Step inside Wing 2. Step outside Wing	Force or Attack Fill	Short Yardage Coverage
SK	1. Bump vs: Wide Rec 2. 5-7 yds deep on Wing (adjust)	None Key: Wing and Backs	Secondary Force or Attack Fill	Short Yardage Coverage
WA (WK)	1. Bump vs: Wide Rec 2. 2x2 align.	None Key: Weak Back or G.P.	Force or Attack Fill	Short Yardage Coverage

VARIATIONS

60 HALF OUT

1. True 60 Wide Half Out

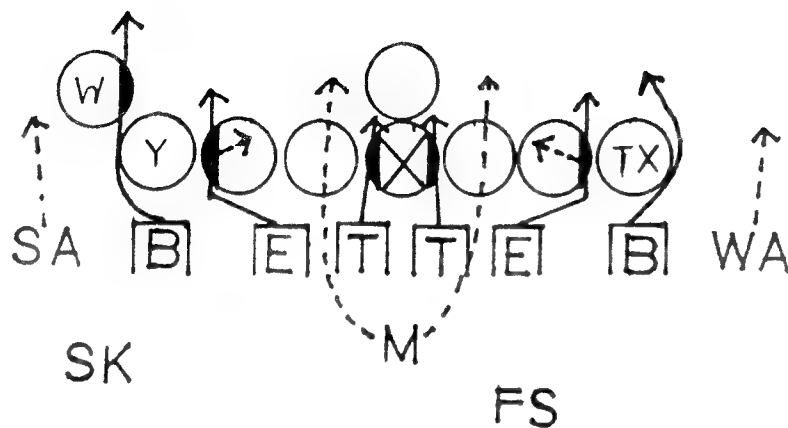


	POSITION	CHARGE	RUN RESP	PASS RESP.
DT's	4 or 2 <u>G.P.</u> Ossie to 0	Short Yardage Out or Nutcracker	4 or 5 Out charge 2 or 3 Nutcracker	Rush Passer
DE's	4 or 2 <u>G.P.</u> : Ossie to 0	Short Yardage Out Low or High G.P.	6-7 Out charge 4-5 In charge	Rush Passer
OLB Side of Call	4 Pt Head Up <u>G.P.</u> Ossie	Short Yardage Out Stuff <u>G.P.</u> Jam on Wing	Wide 6-7 Late Chase Cutback	Cage Short Yardage Coverage
OLB Away from Call	4 pt. Head Up	Pinch-Out-Jam <u>G.P.</u>	6-7 Hole Wide 6-7 Hole Chase-Cutback	Cage Short Yardage Coverage
MLB	5 yd deep <u>G.P.</u> align	None <u>Keys</u> : Backs <u>G.P.</u>	Inside Out to point of attack	Short Yardage Coverage
FS	Weak G/T Area <u>G.P.</u> 6-7 yds deep	None <u>Keys</u> : Weak Back or <u>G.P.</u>	1. Inside Out to point of attack 2. Force	Short Yardage Coverage
SA (SS)	Head on Wing Sup	1. Step inside Wing 2. Step outside Wing	Force or Attack Fill	Short Yardage Coverage
SK	1. Bump vs. Wide Rec 2. 5-7 yd deep on Wing (adjust)	None <u>Key</u> : Wing and Backs	Secondary Force or Attack Fill	Short Yardage Coverage
WA (WK)	1. Bump vs. Wide Rec 2. 2x2 align	None <u>Key</u> : Weak Back or <u>G.P.</u>	Force or Attack Fill	Short Yardage Coverage

VARIATIONS

1. True 60 Db1 Out
(No Rules)

60 DBL OUT



POSITION

CHARGE

RUN RESP

PASS RESP.

DT's

4 or 2

Gap
G.P.

2-3 Hole
Pursuit - Chase

Rush Passer

DE's

4 or 2
G.P. Ossie to 0

Short Yardage Out
Low or High
G.P.

6-7

Rush Passer

OLB's

4 Pt.
Head Up

Short Yardage Out
Wing-No Wing Charge

Wide 6-7
Late Chase
Cutback

Cage
Short Yardage
Coverage

MLB

4 yds deep
Middle

None
4 or 5 Hole
Run through
on Flow

4-5

No Coverage
Blitz

FS

6-7 yds deep
Weak G/T area
G.P.

None
Keys Weak back
or G.P.

4-5 hole
to point of attack

Short Yardage
coverage
Also: Ted Patterns

SA
(SS)

Head on Wing
Sup
G.P.

Step outside Wing

Force or
Attack Fill

Short Yardage
Coverage

SK

1. Bump vs Wide
Rec
2. 5-7 yds deep
outside wing

None
Key Wing and
Backs

Secondary Force
or
Attack Fill

Short Yardage
Coverage

W.A.
(WK)

1. Bump vs Wide
Rec
2. 2x2 align.

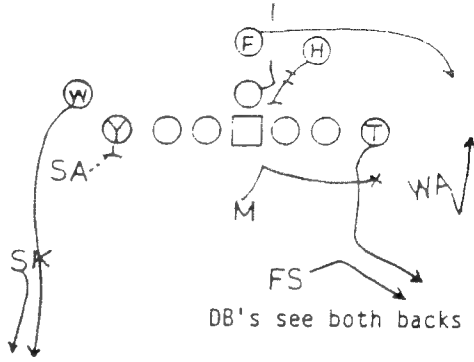
None
Key Weak Back
or G.P.

Force or
Attack Fill

Short Yardage
Coverage

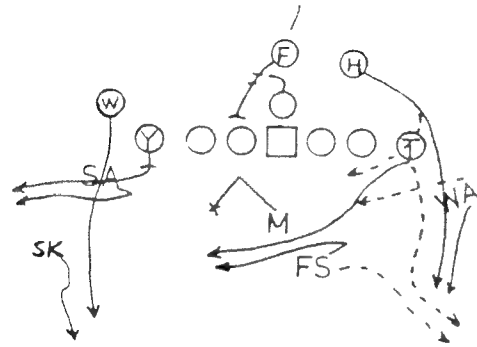
60 Short Yardage Coverage

Crossfire - Flow WEak

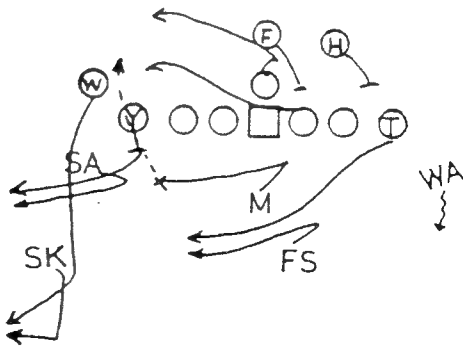


1 2

Dive - Flow WEak

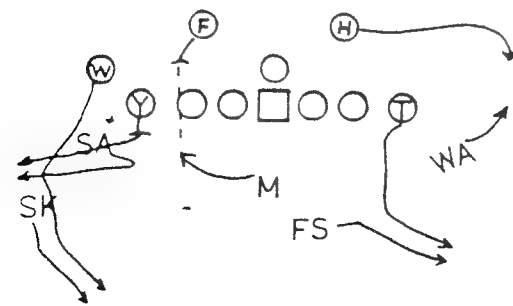


Flow Weak - Boot

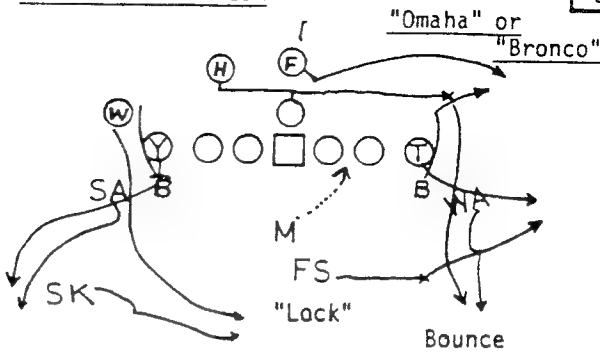


3 4

Dropback Pass

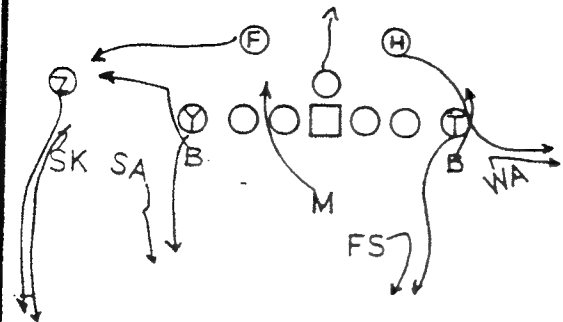


H Peel - Flow Weak



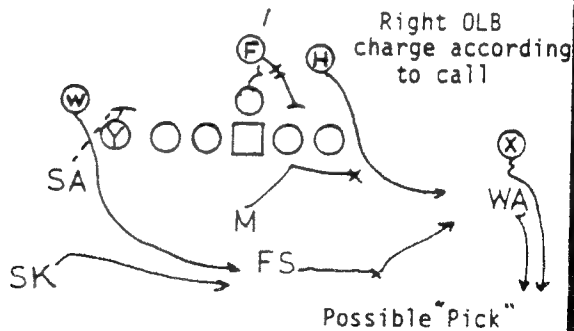
5 6

Dropback Pass



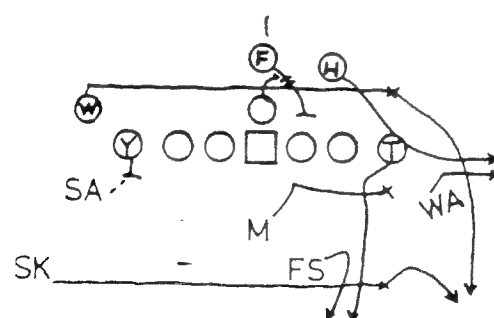
60 Db1 Out

Flow Weak

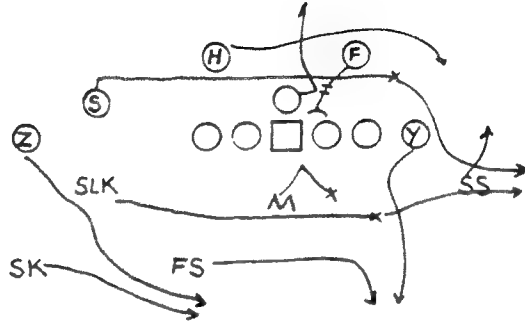


7 8

W COM - Flow Strong



SL COM - Dive Flow Strong

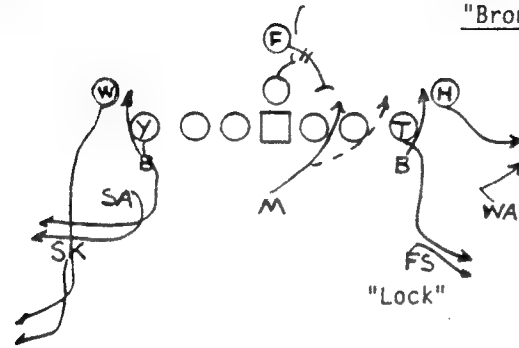


1

2

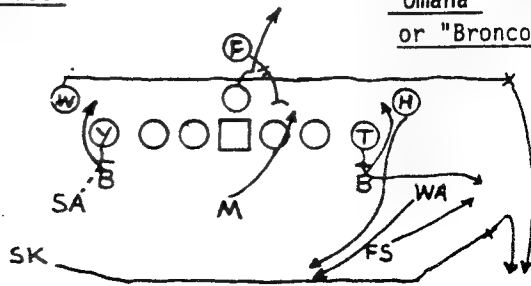
ODD: Lock

"Omaha" or
"Bronco"



ODD: Lock

"Omaha"
or "Bronco"

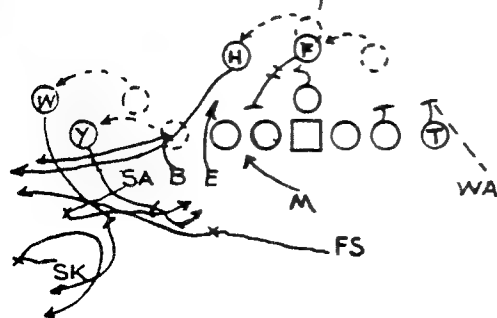


G.P. E/Z by FS
and WA

3

4

"Pick"

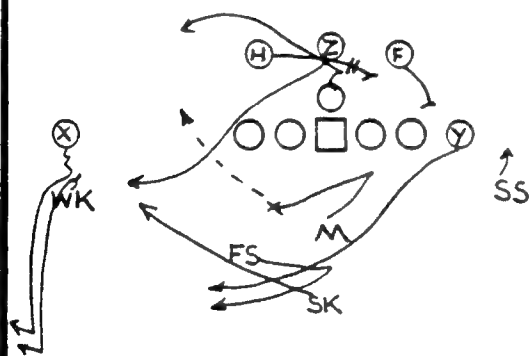
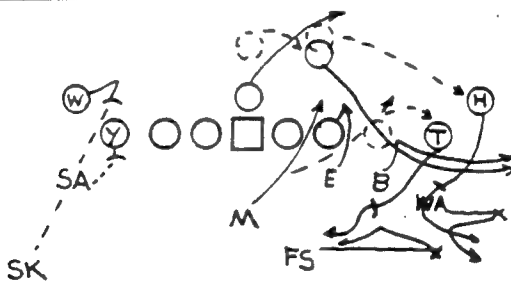


"Pick"

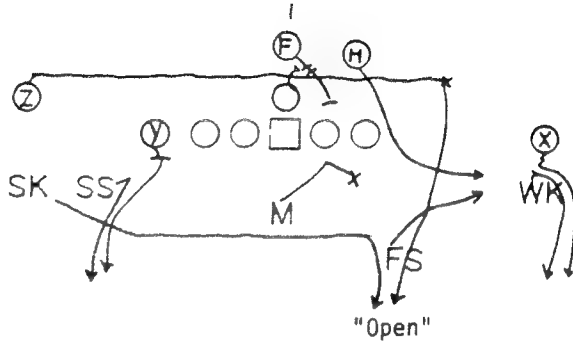
5

6

Flow Strong

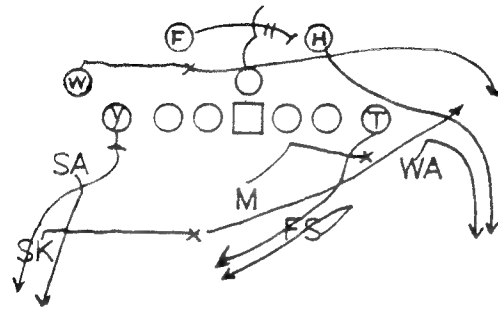


1 Z COM - Flow Weak

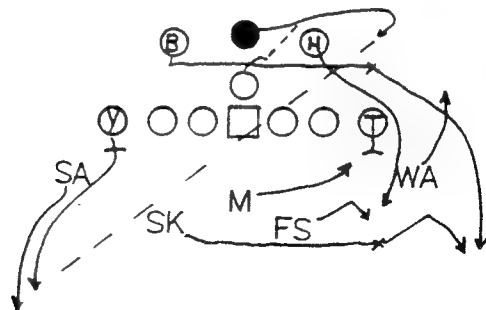


2

W BGM - Flow Weak (Submarine)

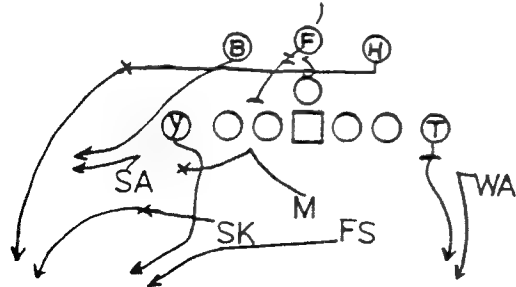


3 B COM to Z - Toss Pass

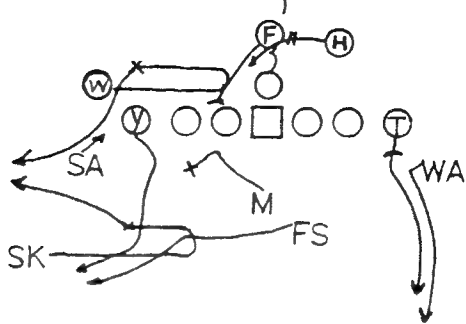


4

H COM to Z - Flow Strong

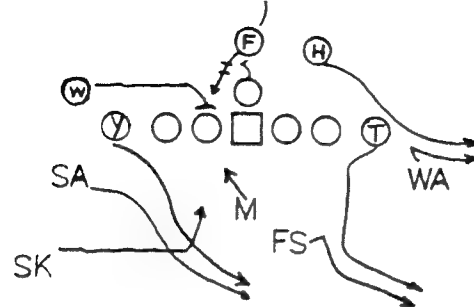


5 W Orbit - Flow Strong

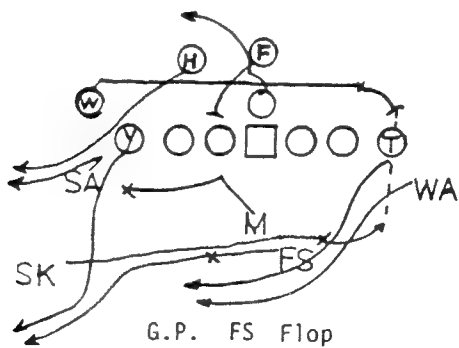


6

W BGM - Flow Weak

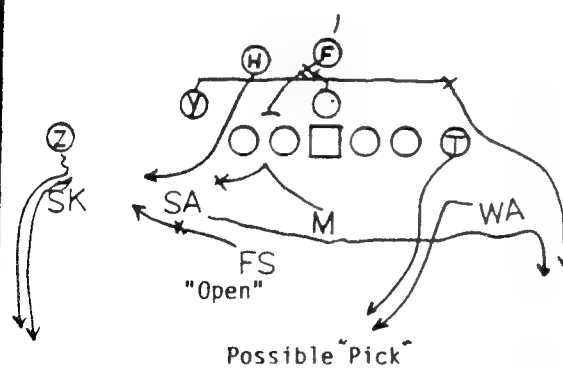


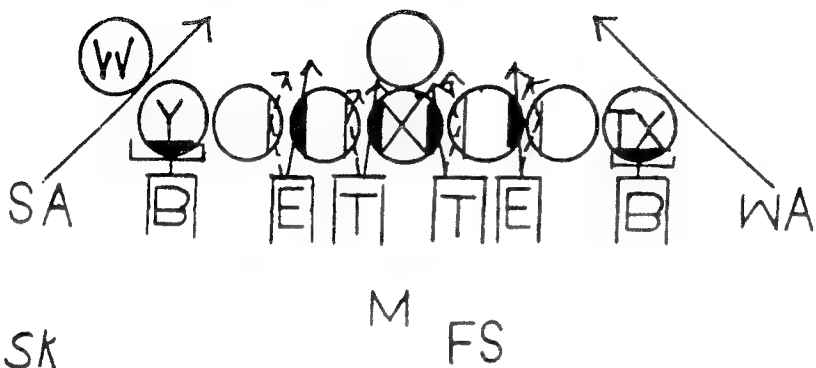
7 W COM - Flow Weak



8

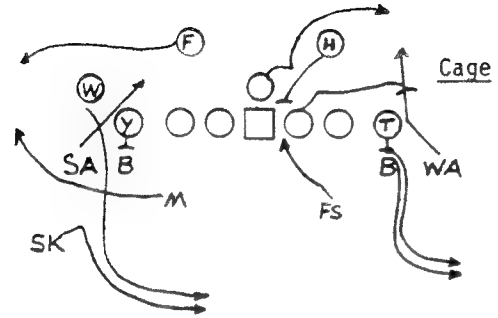
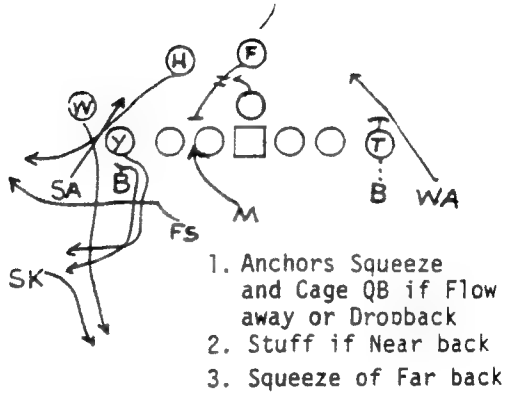
Y COM - Flow Weak



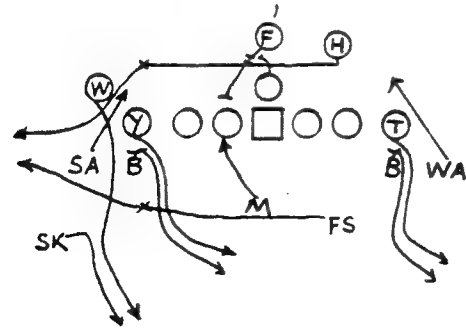
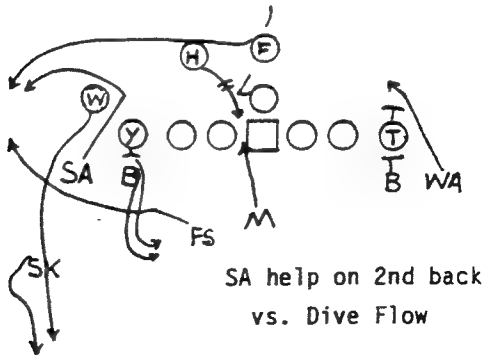


	POSITION	CHARGE	RUN RESP.	PASS RESP.
D.T.	4 or 2	Gap or Power	2 or 3 Pursuit - Chase	Rush Passer
D.E.	4 or 2	Gap or Power	4 or 5 Pursuit - Chase	Rush Passer
O.L.B.s	4 pt. Head up	Jam Hold	6 or 7	<u>Cover</u> Y - TX
M.L.B.	5 yds deep 2 or 3 hole <u>Split</u> - Stack Strong	None	Inside Out Fill Scrape - Swoop	Power Back <u>Split</u> -1st Back Strong <u>NOTE</u> : <u>F.S.</u> takes all motion.
SA (SS)	Head on Wing	Inside Wing	Stuff or Squeeze by Formation	Cage Dive Flow 2nd Back
SK	5-7 yd deep Outside Wing	None	Secondary Force	Man on Wing
WA (WK)	On L.O.S.	Blitz Outside	Stuff or Squeeze by Formation	Cage Dive Flow 2nd Back
F.S.	5-7 yd. deep Strong or Weak Tackle-Guard area	None	Inside Out Fill Scrape - Swoop	1st Back your side <u>F.S.</u> takes all motion

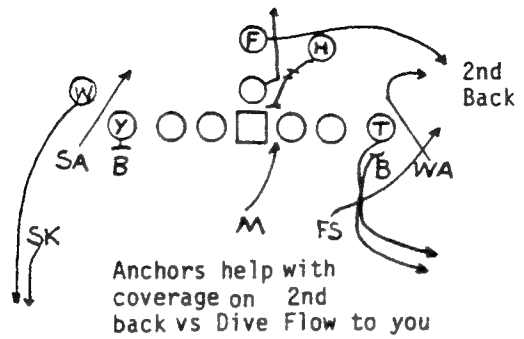
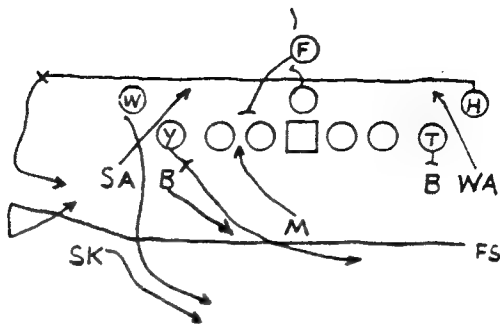
1 2



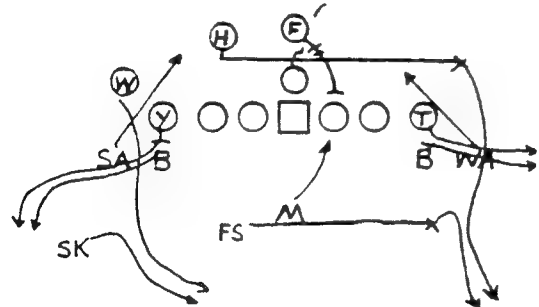
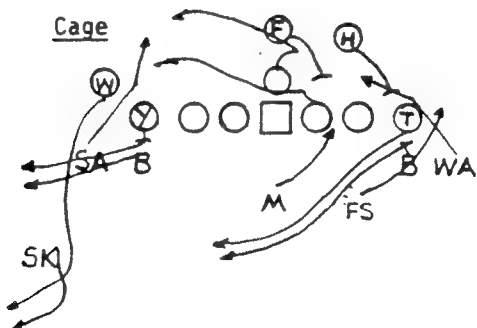
3 4



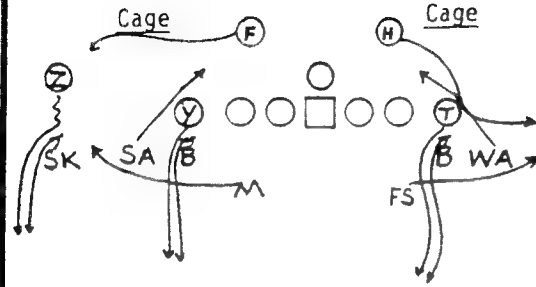
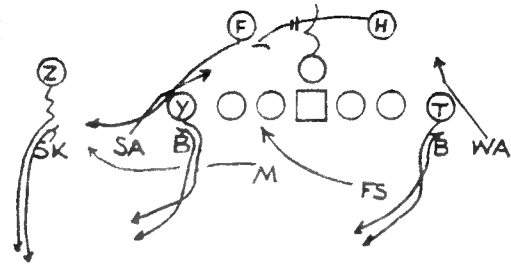
5 6



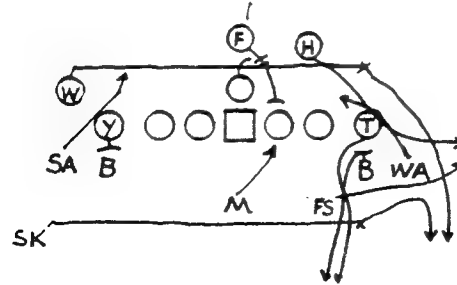
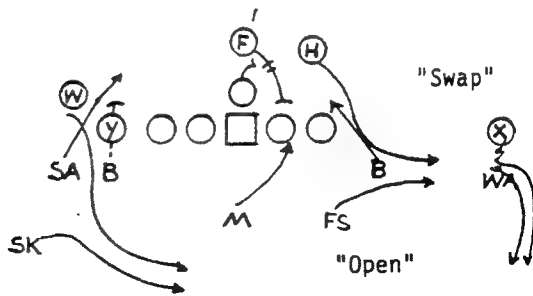
7 8



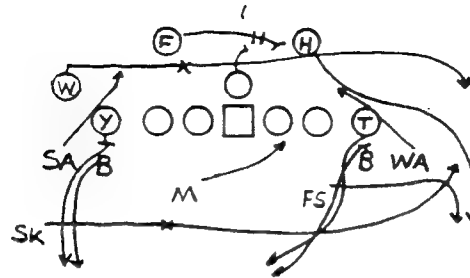
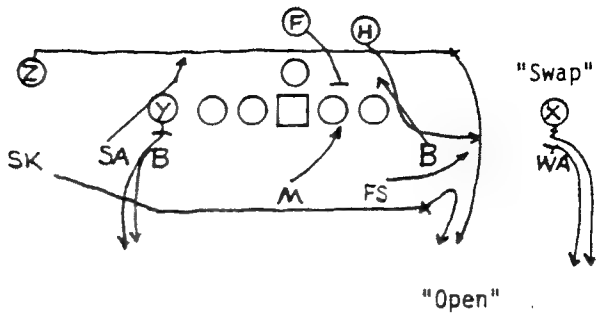
1 2



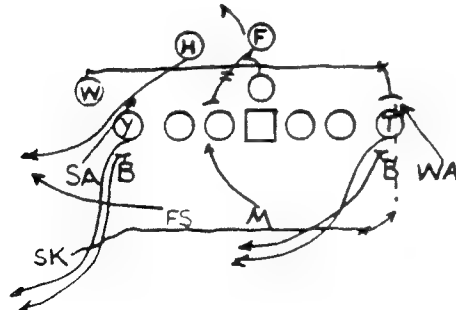
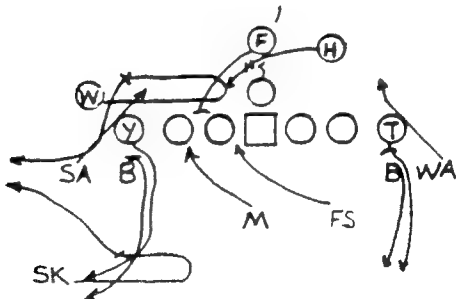
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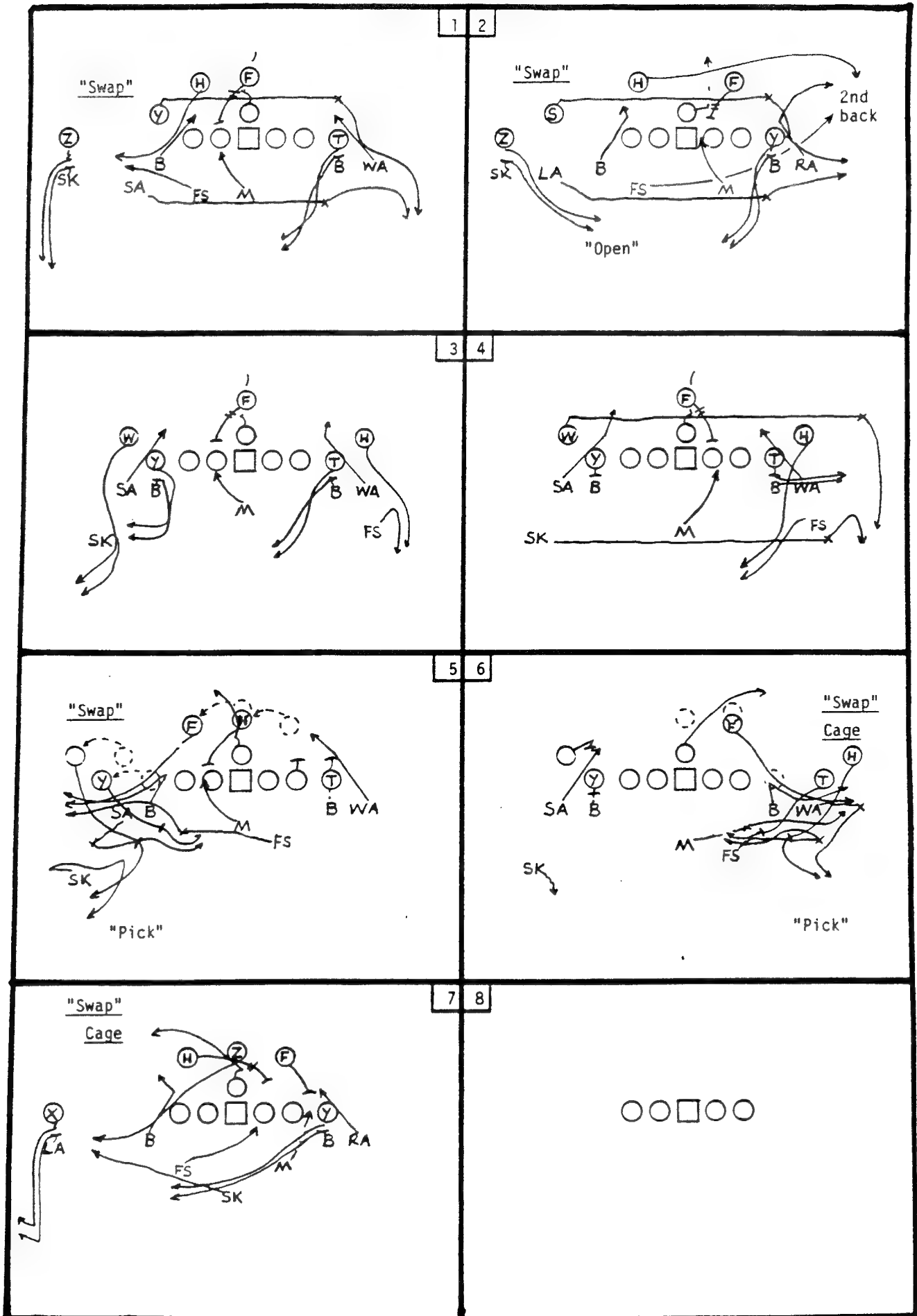


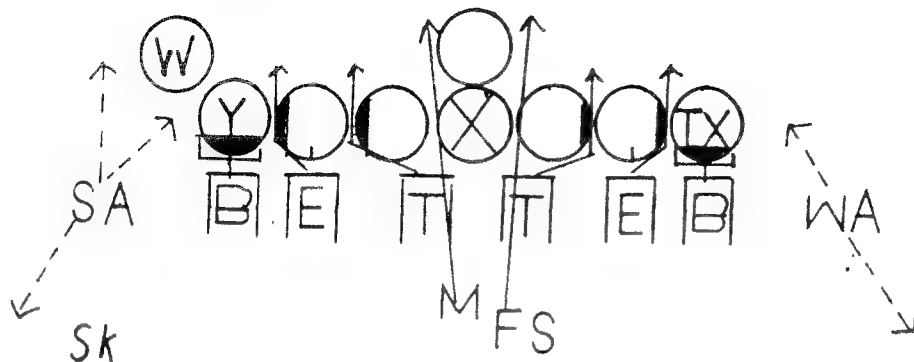
5 6



7 8

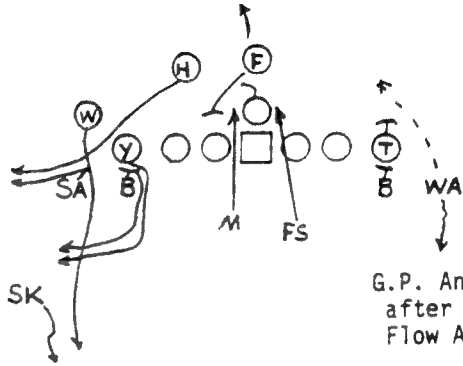




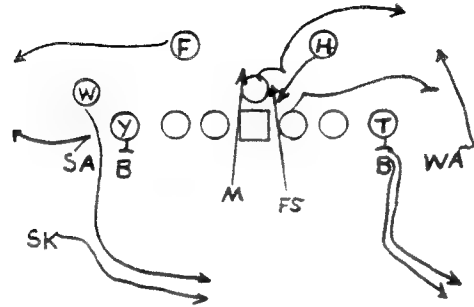


	POSITION	CHARGE	RUN RESP.	PASS RESP.
D.T.	2	Short Yardage Out	4 or 5	Rush Passer
D.E.	Ossie to 0	Short Yardage Out (High Charge)	6 or 7	Cage
O.L.B.s	4 pt. Head Up	Jam Hold	Wide 6-7	<u>Cover</u> - Y - TX
M.L.B.	Strong Shoulder of Center 4 yds deep -Time it-	2 Hole Blitz	2 Hole Chase	None Rush Passer
F.S.	Weak Shoulder of Center 5 yds deep -Time it-	3 Hole Blitz	3 Hole Chase	None Rush Passer
SA (SS)	Head on Wing	Step Inside Wing	Wide 6	Zone Flat
SK	5-7 yds deep Outside Wing	None	Secondary Force	Man on Wing
WA (Wk)	2x2 align.	None	Force	Zone Flat

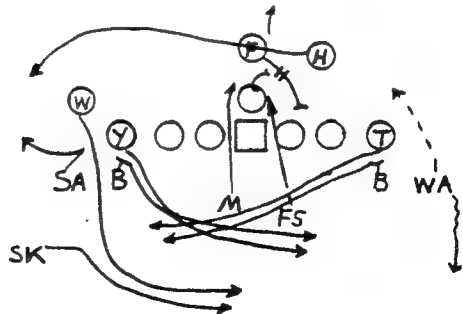
1 2



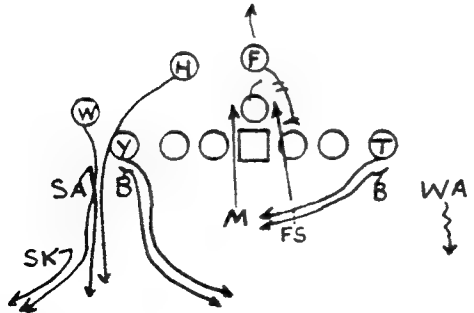
G.P. Anchor go
after QB on
Flow Away



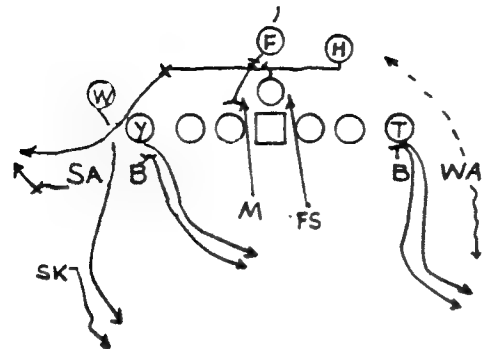
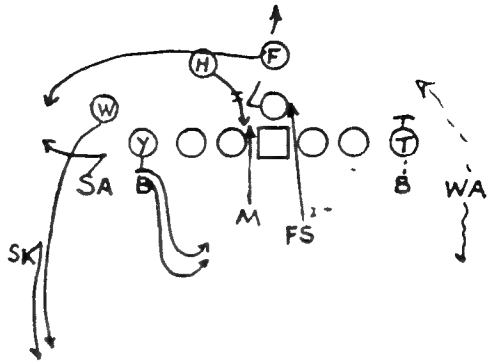
3 4



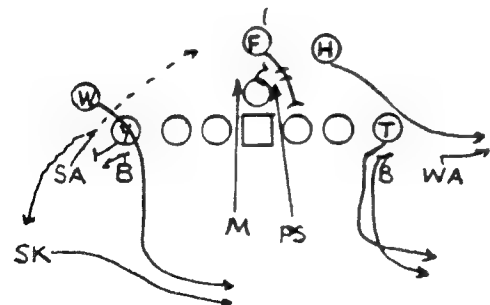
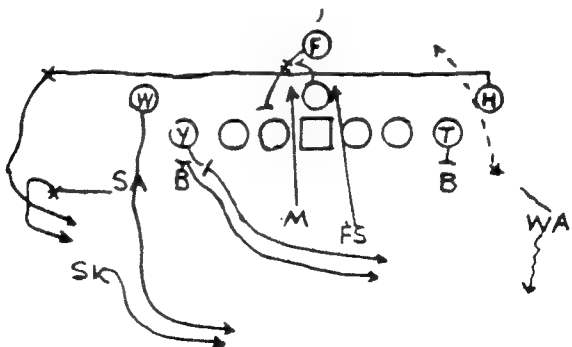
Anchor take back release
outside Y or T



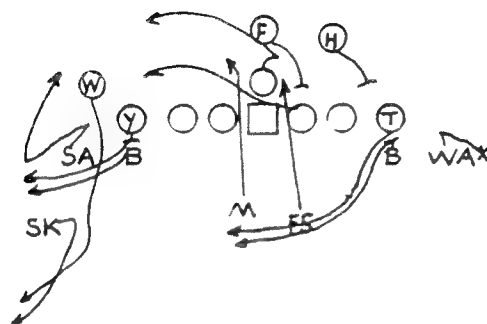
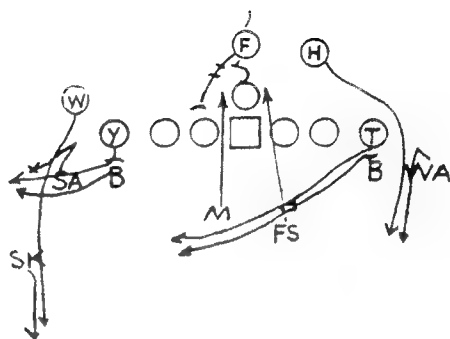
5 6



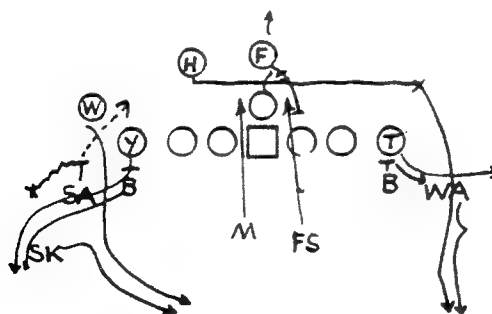
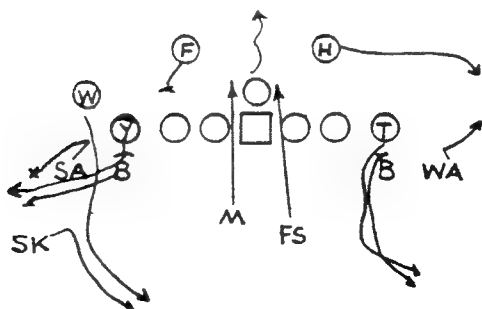
7 8



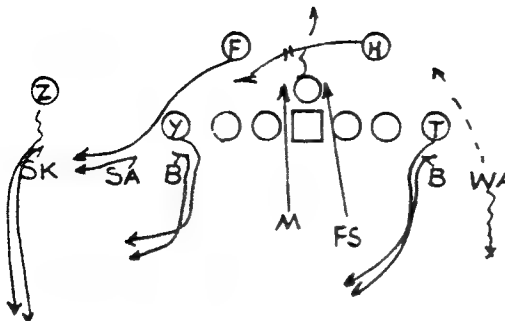
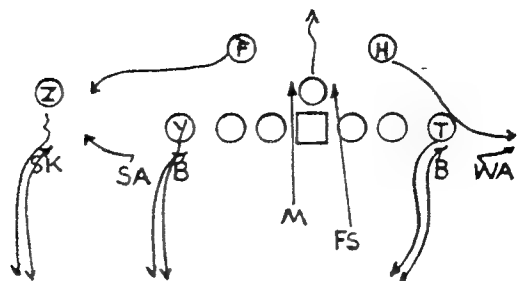
1 2



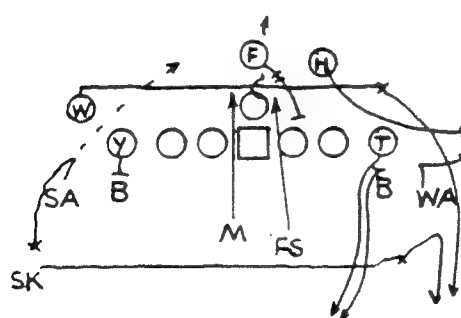
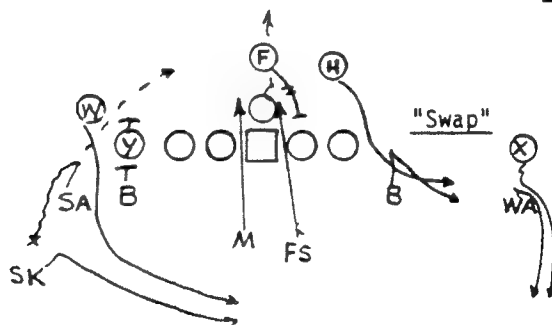
3 4

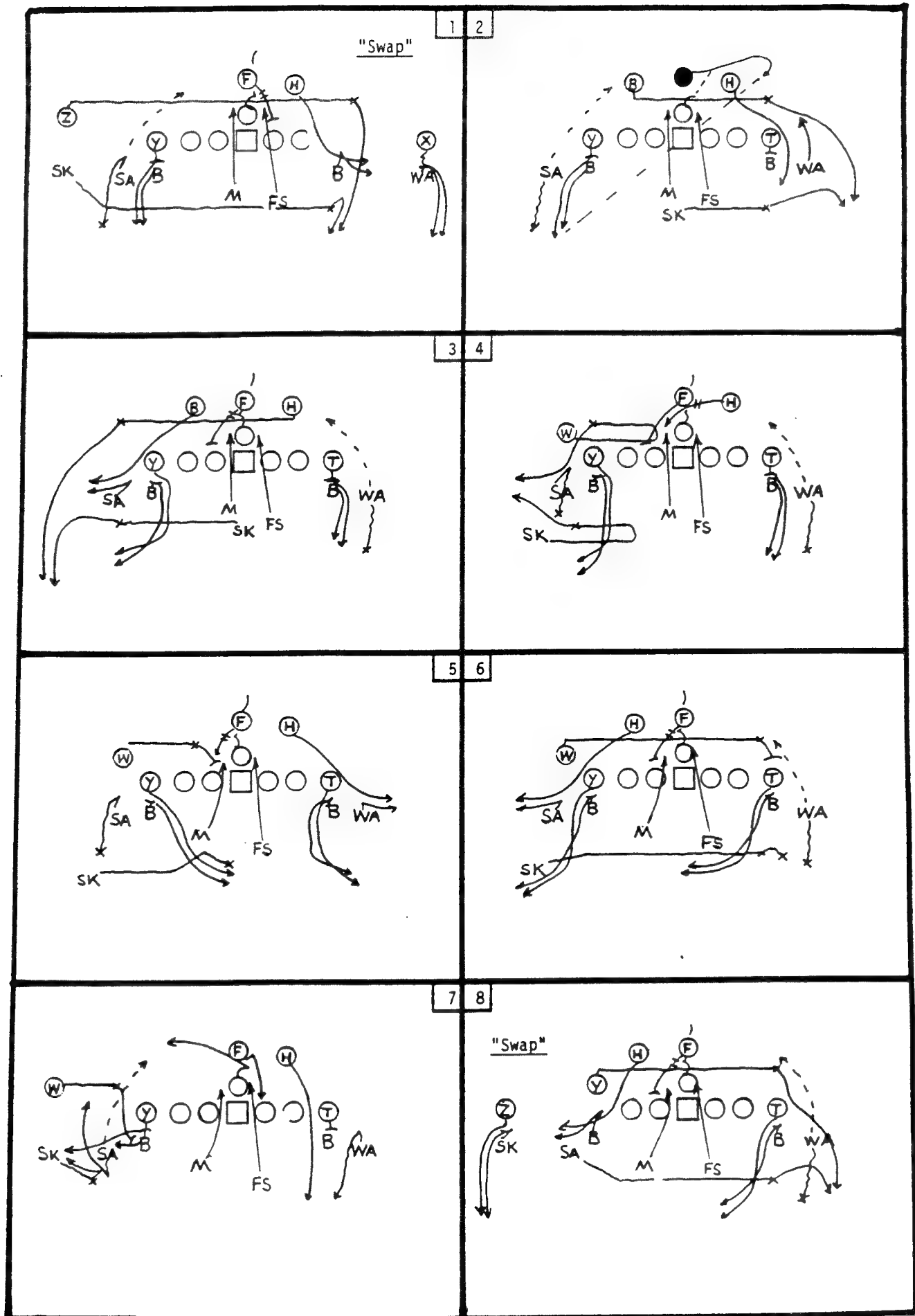


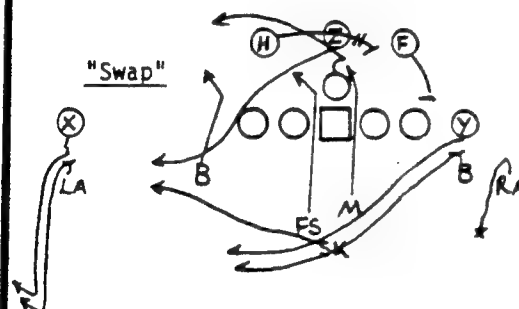
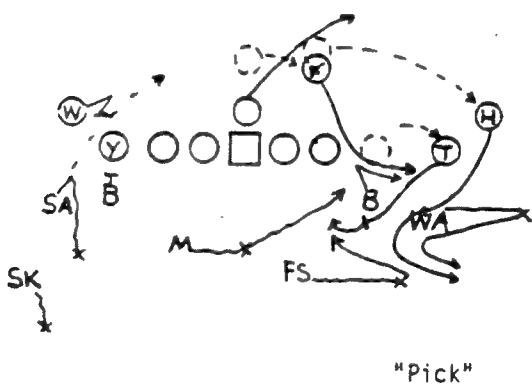
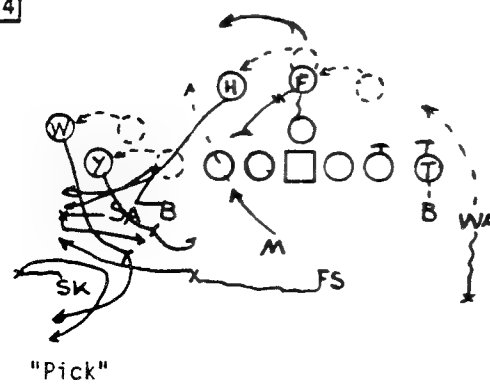
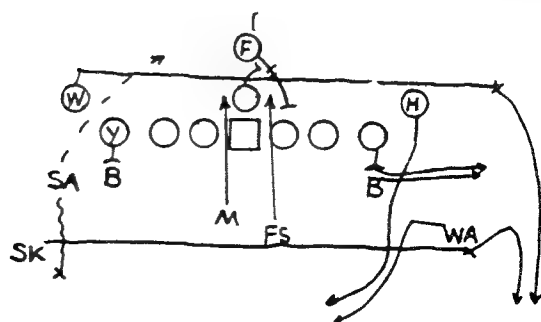
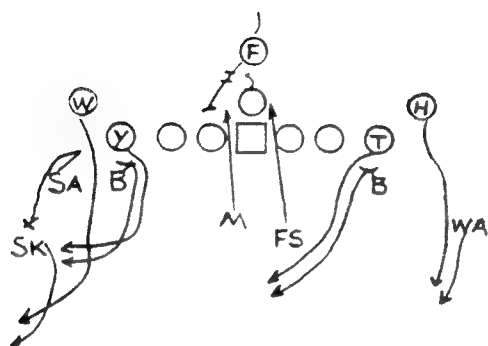
5 6



7 8







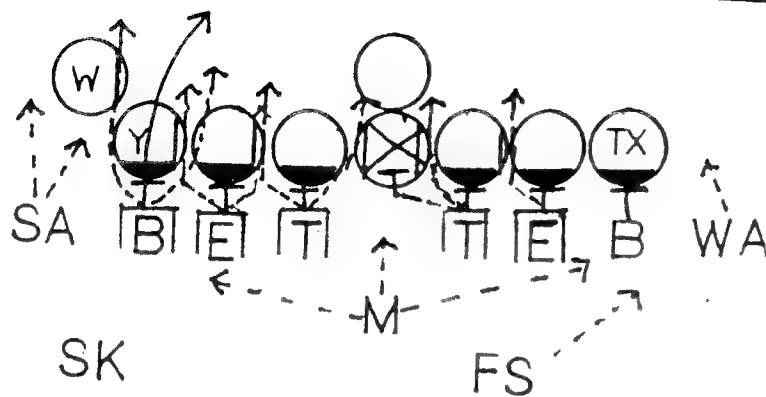
VARIATIONS

1. 40 Half Out
(Sh. Yd. Cov. 4)

2. 40 Tackle Pinch
(Sh. Yd. Cov. 4)

40 - JAM

(Short Yardage - Cov. 4)



	POSITION	CHARGE	RUN RESP	PASS RESP.
DT's	4 point 0	1. 2 Gap Base 2. SY - Pinch 3. SY - Crash 4. Nutcracker	2-3-4-5	Rush Passer
DE's	4 point 0	1. 2 Gap Base 2. SY - Pinch 3. SY - Crash 4. Nutcracker	4-5-6-7	Strong DE Free Rusher Wk DE Cage-Rush Passer
OLB on wing side	2 Point Head Up	1. Jam 2. Pinch 3. Out (Tight Split)	6 Hole or Wide 6 Hole	Cage Rush Passer
OLB away from wing	2 point TX Base (Normal Base)	None TE Tree (Back Tree)	7 Hole or 9 Hole Force	Dropback - Flow Wk Wk outside divider Flow Strong Wk Inside divider
MLB (M)	Center Base G.P. Depth	None	1. 2 or 3 to point of attack 2. Inside out or Swoop-Scrape	Dropback - Flow Wk Wk Inside divider Flow Strong Strong inside divider
FS	7-8 yds deep Wk Guard Area	None	Fill - Pursuit	Post
SA	Head on Wing Sup G.P.	1. <u>Step</u> inside wing 2. <u>Step</u> outside wing	Force or Wide 6 Hole	Outside Divider
SK	5-7 yds deep on Wing - (adjust)	None	Secondary Force or Attack Fill	Deep Third
WA	1. 2x2 align 2. Normal	None	Read Force	Deep Third

2

WB can go after QB

6

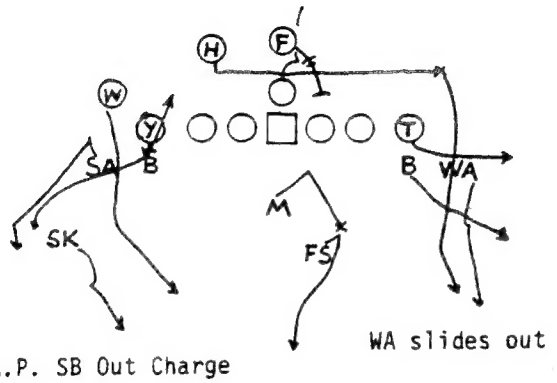
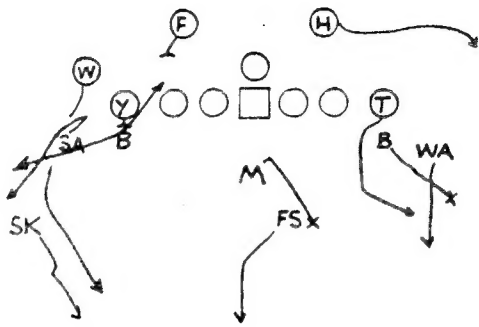
G.P. SB Out Charge

8

The diagram illustrates a schematic model of a brain with various labeled regions and their interconnections. The central structure consists of a horizontal row of five circles and one square. Above this row, there are labels F, H, and T. Below the row, there are labels W, Y, B, M, FS, and WA. Arrows indicate the direction of connections between these regions. A box labeled '8' is located in the top left corner.

40 Short Yardage 4
Coverage

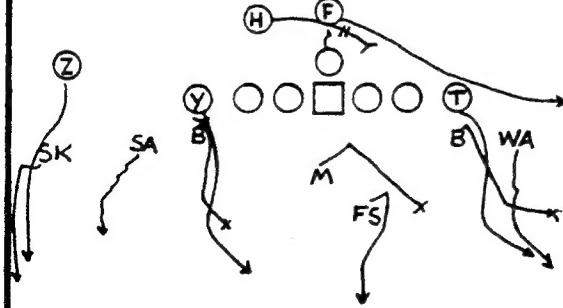
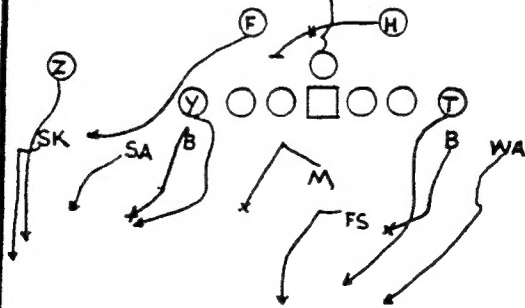
1 2



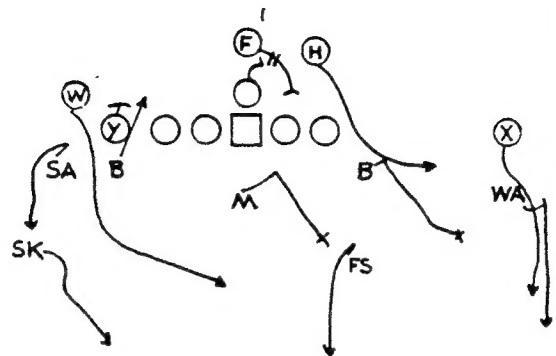
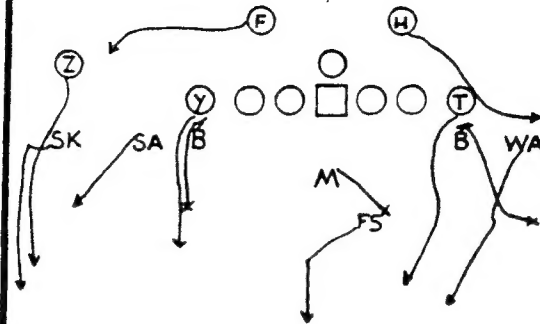
Normal Cover 4 (1/2 Rip/Liz Sam W)
Wide Wing 40 Jm 4

3 4

Normal Cover 4 40 Jm 4
Wide Wing



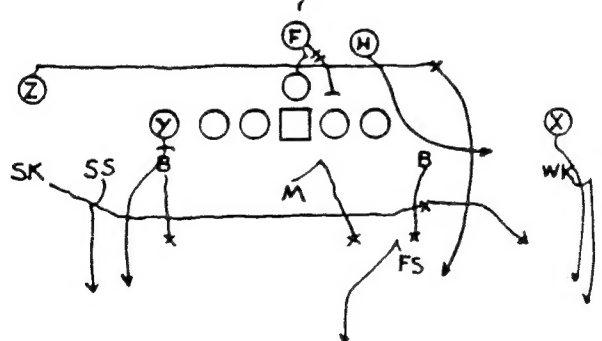
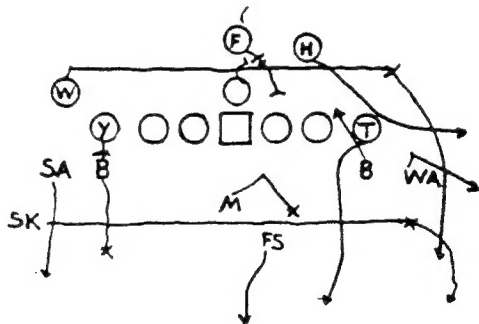
5 6



"Liz" to "Rip"

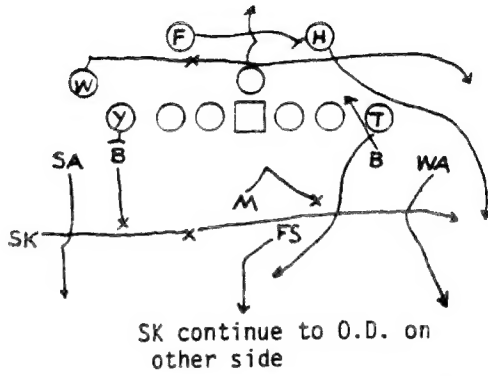
7 8

Normal Cover 4

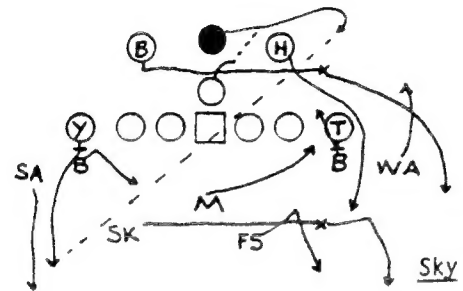


"Liz" to "Rip"

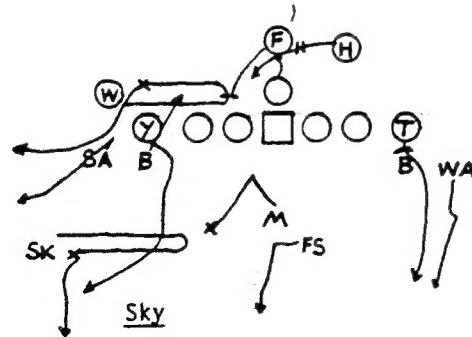
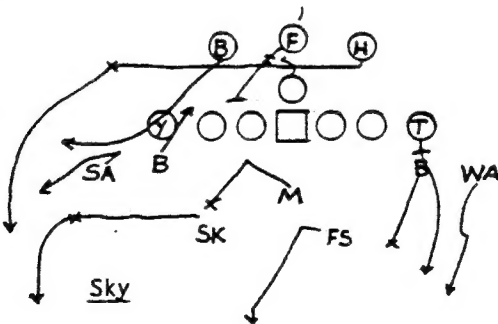
1 2



Toss Pass

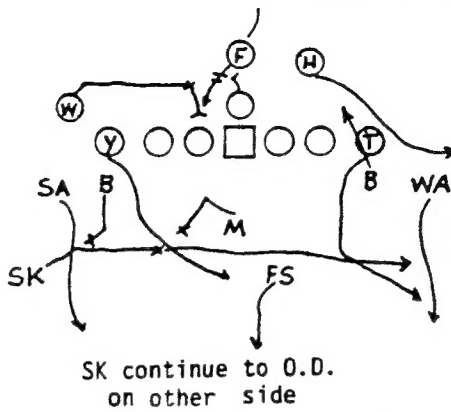


3 4

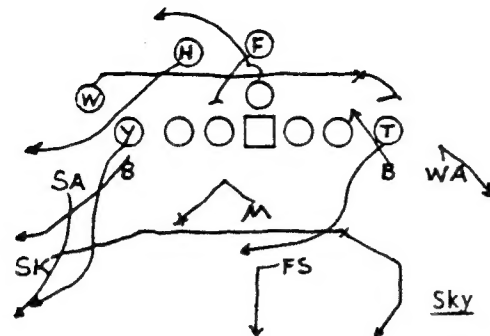


"Liz" to "Rip"

5 6



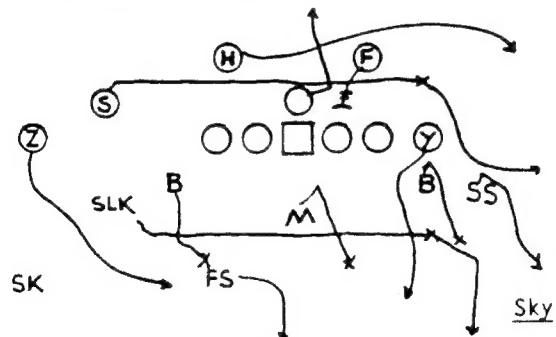
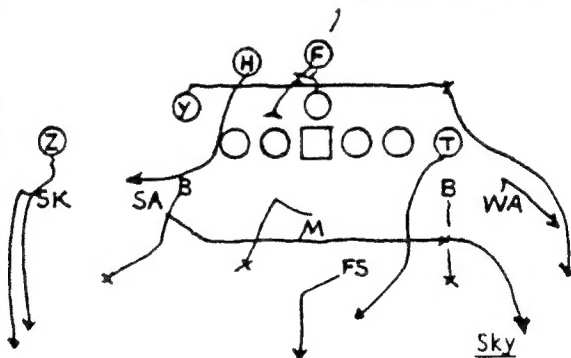
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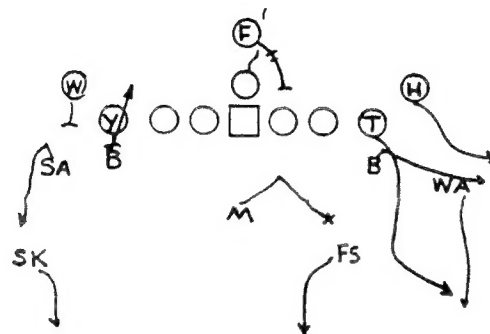
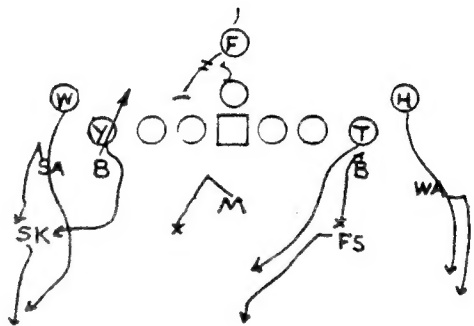
Normal Cover 4

7 8

Normal Cover 4

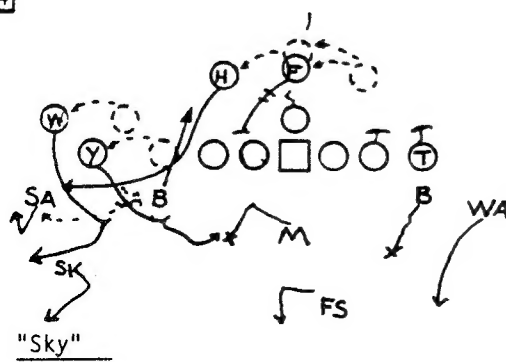
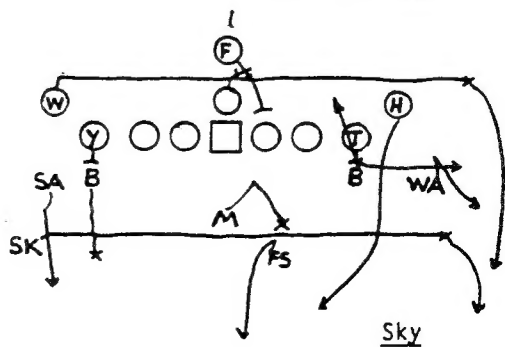


1 2



"Liz" to "Rip"

3 4



5 6

Normal Cover 4

